



Senior Spirit

Hopewell Valley Senior Services Newsletter

May 2014, Vol. 8, No. 5

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Safe Today. Healthy Tomorrow

Each May the Administration on Aging (AOA) picks a theme for Older Americans Month. This year it's "Safe Today. Healthy Tomorrow" with a focus on injury prevention. According to the AOA, older adults are at a much higher risk of unintentional injury than the rest of the population. Unfortunately these injuries can often diminish quality of life and independence.

Throughout our journey as humans we constantly struggle with safety versus adventure. This does not change as we get older, although the stakes get higher. A fall as a younger adult may have fewer consequences than a fall as an older adult. Yet we can't live in padded rooms just because we are getting older.

I think this month's theme is a great time to think about getting rid of needless risks in our lives. For example, not replacing smoke detector batteries or having tripping hazards in the home. It's also fine time to think about risks that bring joy and growth like going somewhere for the first time or doing something you never thought you'd do. Wishing you a safe today and a healthy (and fun) tomorrow!

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http://www.hopewelltp.org/senior_news.html

Senior News

Blood Drive the Hopewell Valley Uniformed Firefighters Association IAFF Local 3897 and Hopewell Township PBA Local 342 are teaming up with Community Blood Council of Trenton to host a local blood drive at the Hopewell Township Municipal Building- 201 Washington Crossing-Pennington Road, Titusville, NJ 08560 on May 31, 2014 from 11am-3pm. Come on out and help support your community. Appointments preferred, walk-ins welcome! Schedule an appointment at www.givebloodnj.org or call (856)296-1749.

Lyme Disease Support & Info Group meetings at the Unitarian Universalist Church at Washington Crossing, 268 Washington Crossing-Pennington Rd., Titusville, NJ 08560 on the 2nd Thursday of the month, at 6 pm. FREE ! Come find out about the latest prevention and diagnosis technology or about upcoming Lyme Disease conferences; or come just for emotional support. The Group Coordinator has been attending Scientific Meetings on Lyme Disease and “co-infections” for 10 years. You’ll be surprised at how much there is to know & discover! Contact group coordinator, Dorothy Aicher, @ (609) 730-0939, if you have questions.

The 38th Annual Pennington 5K is Saturday, May 17. Come out and support youth in the Hopewell Valley community! Walk or run the 3.1 mile course through historic downtown Pennington. and surrounding neighborhoods. Kids in grade K-8 can participate in a 1-mile Fun Run. Bring your family and friends to join the community for a great morning just prior to the start of Pennington Day! NEW this year: **Team registration discounts!** Gather a team of 10 racers for added fun and benefits (separate check-in and other surprises). See attached team registration form. Race day registration and check-in begins at 8:00 AM in front of the HVRSD gym building at 425 S. Main Street. Kids Fun Run is at 8:30 AM, the 5K run/walk begins at 9:15 AM. Live music, post-race refreshments and race T-shirts provided while supplies last.

Plan to register in advance to beat the crowds by filling out the attached form (return with check to HVYMCA) or register on line at <http://hvymca.org/special-events/pennington-5k>

Questions or to volunteer during the race, please call the Y at 737-3048 or Hopewell Valley Municipal Alliance at 737-0120 x 642.

Take a Walk on the Wild Side! Early morning walks for Adults only, 8:30-9:30AM each day. Start your day off right with a walk on the Watershed Reserve trails with SBMWA Teacher-Naturalist Allison Jackson! Rain or shine – dress for seasonal weather and possibly muddy conditions. Binoculars, cameras and nature journals are encouraged. Join one hike or ALL! FREE for Watershed members/\$5 non-members. Dates are: , May 14, and May 28. **Pre-registration is requested – please call 609-737-7592.**

Special Events for May 2014

Brown Bag Luncheon: Thinking Outside the Box Friday, May 2, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Laurie Powsner, Executive Director of the Funeral Consumers' Alliance of Princeton will explain the various options open to individuals, including variations in cost and services, when they are planning a funeral. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register at 737-1221, ext. 10.**

Digital Resources At Your Library Wednesday, May 7, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Today's library collection goes beyond its print selection of books, magazines, and newspapers. This month's Hopewell Valley Seniors Connect will provide participants with an overview of the digital resources the Mercer County Library system offers, such as downloadable eBooks and audiobooks, online periodicals, as well as streaming movies and music.

Book Club Monday, May 12, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Under the Wide and Starry Sky by Nancy Horen. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting HV Senior Services at 737-0605, ext. 692. or awaugh@hopewelltp.org.

Hopewell Valley Senior Services at Pennington Day Saturday, May 17 from 10am to 4pm in downtown Pennington Borough. Stop by the Hopewell Valley Senior Services table and learn about upcoming programs and services for older adults and caregivers. Greater Mercer County RideProvide will also be there for your transportation questions!

Mondays with Mia Monday, May 19, 10am at the Hopewell Train Station, 4 Railroad Pl. in Hopewell. Come meet Mia for an hour of fun. Mia is a chocolate lab who is a certified therapy dog. No registration required.

Tech Time Tuesday, May 20, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by 5/16.** To register, contact 737-0605, ext. 692. *Please note change in date.*

Walk in Pennington Borough Tuesday, May 20(rain date is 5/22), 10-11:30am. Meet at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Park away from the building. The group will set the pace. No registration required. Bring comfortable shoes and water. For more info, contact Senior Services at 737-0605, ext. 692.

The Psychology of Clutter: Learning to Let Go Tuesday, May 20, 6-7:30pm at the Pennington Public Library. "There are many reasons why we collect, save and accumulate "stuff". Jo Carolyn Dent-Clark of the Senior Well-Being Program of GTBHC will be the presenter. When the result is overwhelming clutter, we find it difficult to let go. This workshop will explore how clutter affects our mood and attitude and how we can overcome the emotional ties we have to our "stuff" and how to let go. Whether you need to downsize or just want to feel healthier in your surroundings, this discussion is for you!" This is part of the Baby Boomer series, but is open to people of all ages. Refreshments will be served. Space is limited. **Registration required by contacting the library at kha@penningtonlibrary.org (preferred) or (609) 737-0404.**

Ageing Gracefully in Your Home Wednesday, May 21, 10:30-11:30am at the HV Senior Center. This talk will be given by Gogilavaani Pillai, MSPT Clinical Educator with Princeton HomeCare and will cover: how to maintain your strength and muscle function as you age; strength, balance and flexibility exercises; lifestyle and home modifications to decrease your chance of falls; and Medicare coverage and therapy options. No registration required.

Senior Luncheon at Central High School Wednesday, May 21, 12:30-1:30pm at Hopewell Valley Central High School Free luncheon sponsored by the Hopewell Valley Education Foundation and Synergy HomeCare. Lunch followed by a performance by the Timberlane and CHS jazz bands. **Registration required by 5/14 by calling the Hopewell Township Recreation Department at (609)737-3753.**

Let's Chat Friday, May 23, 1-2:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

Self-Defense: Know Your Rights Wednesday, May 28, 10:30-11:30am at the Hopewell Valley Senior Center. Hopewell Township Police Sgt. Michael Cseremak will discuss self-defense laws in NJ and ways to protect yourself. No registration required.

Gravity Wednesday, May 28, 1:30pm at the Hopewell Branch of the Mercer County Library. Science fiction thriller starring Sandra Bullock and George Clooney. Free. Call library at 737-2610 for details.

Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.

Ongoing Programs

Artists' Choice will be meeting at 1pm on Tuesdays, May 6, 13, 20, and 27. This group is facilitated by local artists, Bob Barish and Susan Ewart. Participants should bring their own supplies and projects. For more information call 737-0605, ext. 692 or awaugh@hopewelltp.org.

Bingo First Wednesday of the month, 10:30-11:30am at the HV Senior Center.

Blood Pressure Screening First Tuesday of the month, 10-11am at the HV Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. \$4. **First time pre-registration required by calling (609)737-3753.**

Folding Meets the third Friday of the month, 1pm at the HV Senior Center, 395 Reading St. in Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. For more information call (609)737-0605, ext. 692.

Healthy Bones Every Monday at 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. Call 466-2324 for information. Also every Monday and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call (609)737-0120, ext. 638.

Hopewell Valley Leisure Club Social club, including activities and speakers for Valley seniors. The club meets the first Tuesday of every month at 11am at St. Alphonsus Church in Hopewell. For more information, please call 466-0657 or 466-0761.

Knitting and Crocheting Group Wednesday, May 7 and 21 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. Pre-registration encouraged by calling 737-0605, ext. 692 or awaugh@hopewelltp.org.

Lunch Monday-Friday, 11:45am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Call the Mercer County Nutrition Project at 989-6650 for information or the senior center from 9am-1pm at 737-3855 to register. Meals must be reserved three days in advance. Suggested donation.

Mahjongg Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

Senior Advisory Board Meeting is the third Wednesday of the month at 2pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. The Senior Advisory Board seeks to enrich the quality of life for Hopewell Valley Seniors. The public is encouraged to attend. Refreshments served. For more information call (609)737-0605, ext. 692.

Social Bridge Mondays, 2:30-4:30pm at the HV Senior Center. **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or awaugh@hopewelltp.org.**

Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.

Hopewell Valley Senior Services and Pennington Public Library Present:

The Psychology of Clutter: Learning to Let Go

with Jo Carolyn Dent-Clark

Senior Specialist

With the Senior Well-Being Program of GTBHC



Tuesday, May 20, 6:30-8pm
Pennington Public Library
30 N. Main Street in Pennington

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Refreshments will be served. Space is limited. **Registration required by contacting the library at kha@penningtonlibrary.org (preferred) or (609) 737-0404.**

This program is part of a Baby Boomer Series, but is open to people of all ages.



Save the Date



**Tuesday, June 3
"River Lady" Paddlewheel Cruise**

Call Hopewell Township Recreation at 737-3753

Hopewell Valley Senior Services
201 Washington Crossing-Pennington Rd.
Titusville, NJ 08560

RETURN SERVICE REQUESTED

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