

Senior Spirit

Hopewell Valley Senior Services Newsletter

October 2017, Vol. 11, No. 10

Contents

- 1 Greeting
- 2 News
- 3 Special Events
- 4 Ongoing Programs
- 5 Around the Valley
- 6 Save the Date



Happy Birthday

**Best wishes on your birthday from
Hopewell Township Parks & Recreation
and Hopewell Valley Senior Services!**

Birthday Breakfast

**Hopewell Valley Golf Club
Friday, October 13, 2017 at 9:00 am**

RSVP no later than October 4th at 537-0236.

**Please join us for a birthday breakfast
in your honor, along with other
Hopewell Valley Seniors celebrating birthdays
in the months from July-December.**

**(We welcome and encourage spouses and guests,
at a cost of \$15, which may be paid at the door.)**

Please do not arrive before 8:45am.

Senior News

Wellness Wednesday or Resource Day Presentations As 2018 is quickly approaching, Randi is working on the presentation schedule for next year. Do you have a health concern you would like to learn more about or are you looking for more information on a topic and need some help? Please give any suggestions/ideas to Randi and we will do our best to find someone to present at the Hopewell Valley Senior Center.

Grief Support Group on Tuesday evenings from 6-7:30pm at the Calvary Baptist Church, 3 East Broad St. in Hopewell. **Register by contacting (609)466-1880 or (609)209-6046 or email info@calvarybaptisthopewell.com.**

Mercer County Surrogate is available on the third Friday of the month at the Hopewell Township Municipal Building and the second Thursday of the month at Pennington Borough Hall. The County Surrogate's Office provides the following services: probate or administration of an estate, adoption filing, appointment of incapacitated person, appointment of guardian of property for minor funds, review of formal accounting, contested probate filings, as well as marriage ceremonies. **Appointments required. To schedule an appointment with the surrogate please call 989-6336.**

Useful Numbers for Older Adults in Hopewell Valley

Adult Protective Services-(609)989-4320

Aging In Place (cell)-(609) 250-5299

Contact Reassurance (free daily calls)-(609)883-2880

FISH Meals on Wheels-(609)737-9123

Mercer County Consumer Affairs-(609)989-6671

Mercer County Nutrition Project (Pennington)-(609)737-3855

Mercer County Office on Aging-(609)989-6661

Mercer County Surrogate-(609)989-6331

RideProvide of Greater Mercer County-(609)452-5140

Senior Services, Randi Knechel-(609)537-0236

TRADE Transportation-(609)530-1971

Special Events for October 2017

Days of Yesteryear in Titusville and Washington Crossing Sunday, October 1st, 3:00pm at Titusville Presbyterian Church, 48 River Drive, Titusville. Would you like to see scenes of when steam trains still operated on the Belvidere-Delaware line of the PA Railroad and when the main street of Titusville was the hub of the business in that area? Join us as Bob and Carol Meszaros present Days of Yesteryear in Titusville and Washington Crossing. Program is free and light refreshments will be provided.

Book Club: Monday, October 2nd, 2:00pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington, NJ 08534. All are welcome to discuss this month's title, *Cutting for Stone*, by Abraham Verghese. No registration necessary.

Brown Bag Luncheon Friday, October 6, 12:30pm at Pennington Presbyterian Church, 13 S. Main Street, Pennington. The speaker will be John Mincarelli of Recovery Advocates of America, a non-profit group that strives to provide education about the disease of addiction and also provide tools to sustain recovery. Lunch is at 12:30 and the program at 1:00. Bring your sandwich; light dessert and beverages will be provided. Sponsored by the Older Adult Ministry committee of Pennington Presbyterian Church. For additional information, call 609-737-1221.

Stained Glass Tour at Princeton Abbey Friday, October 6th, 1:30 at Princeton Abbey & Cemetery, 75 Mapleton Road, Princeton, NJ 08540. Join Senior Services for a walking tour of the stained glass at Princeton Abbey & Cemetery. We will talk about the history of St. Joseph's Seminary, the stained glass stories, information about the chapel, the mission it serves now and the different events we have. You are responsible for your own transportation to the Abbey. Register with Randi, 609-537-0236 by Wednesday, October 4th.

Walking Group Wednesday, October 11th, 1:30pm at Hart's Lane in Hopewell Borough, Please park at the Hopewell Train Station and we will walk over to Hart's Lane to view the turning autumn leaves along the road.

Transportation 101 Bus Trip Thursday, October 12th, 11:00am. If you attended the Transportation 101 presentation on August 23rd at the Senior Center, you are invited to participate in the Bus Trip to TCNJ Campus Town in Ewing for lunch. You will learn how to ride the bus, bus etiquette and how to pay your fare. We will meet at the bus stop at Main Street and Curlis Ave in Pennington. Please register with Randi by October 10th by calling Randi at 609-537-0236.

Caregiver Night: Caregiver Basics Thursday, October 12th, 6:30pm at Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Are you caring for a loved one? Concerned about their well-being? Are you planning for your loved ones future options and care? Join us as Mary Catherine Lundquist, MDiv., of Care2Caregivers, COPSA Institute for Alzheimer's & Related Disorders, for this informative presentation! We will discuss an overview of dementia including causes and symptoms, how to care for yourself, communication strategies, tips for structuring your day and planning for the future. Registration is requested by calling Randi, Senior Services Coordinator 609-537-0236. Light refreshments will be provided by Home Care Assistance.

Birthday Breakfast Friday, October 13th, 9:00am at Hopewell Valley Golf Club, 114 Pennington Hopewell Road, Hopewell. Please join us for a birthday breakfast in your honor, along with other Hopewell Valley Seniors celebrating birthdays in the months from July – December. We welcome and encourage spouses and guests to attend at a cost of \$15, which may be paid at the door.

Fire Safety Open House Saturday, October 14th, 10:00am to 2:00pm at Woolsey Park, Washington Crossing Pennington Road, Titusville. Join us for an afternoon of fun and food brought to you by Hopewell Valley Uniformed Fire Fighters Association IAFF 3897, Hopewell Township Fire District No. 1 and the Hopewell Valley Arts Council.

Stroke: Know Your Role in Prevention Wednesday, October 18th, 10:00am at the HV Senior Center, 395 Reading Street, Pennington. Stroke is a leading cause of serious impairment and death in the United States, but it can be prevented through early recognition and treatment. Join us to learn the signs and risk factors for stroke, presented by Capital Health.

Senior Luncheon Wednesday, October 18th, 12:00pm at Hopewell Valley Central High School, 259 Pennington Titusville Road, Pennington. Join us for a luncheon hosted by staff and students with co-sponsorship from the HV Education Foundation, followed by a performance from the High School Band.

Blackwell Funeral Home Wednesday, October 25th, 10:00am HV Senior Center, 395 Reading Street, Pennington. Join us as Kevin Latham from Blackwell Funeral Home discusses Pre-arranged and Pre-funded Funerals: revocable and irrevocable, issues with Medicaid and life insurance "spend downs", and Legal Issues with Cremation: next of kin or if you have no family but wish to be cremated.

End of Month Movie: La La Land

Wednesday, October 25 at 1:30pm and 6:15pm at Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Emma Stone and Ryan Gosling star as Mia and Sebastian, an actress and a jazz musician pursuing their Hollywood dreams — and finding each other — in a vibrant celebration of hope, dreams, and love. (Rated PG-13; 128 minutes)

Ongoing Programs

Active Aging Exercise Program Thursdays, September 7th to October 26th, 10:00am at the Hopewell Township Building Auditorium, 201 Washington Crossing Pennington Road, Titusville. Fee for the program is \$20, please bring a check to the first class made out to the HV Senior Foundation. We must have 15 participants registered to hold the class. Please call Randi, 537-0236 or email rknechel@hopewelltp.org to register.

Aging-In-Place is the third Tuesday of the month from 3:00-4:30pm at the HV Senior Center. This is a group of people who are exploring ways to support each other as they age. No registration required.

Artists' Choice will be meeting on **10/3, 10/10, 10/17, 10/24 and 10/31** from 1-3pm at the HV Senior Center, This program is coordinated by Susan Ewart. For more information call 537-0236.

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 Hopewell Valley Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

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 10:45am 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 537-0238.

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.

Lunch Monday-Friday, 11:30am 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.

Men's Billiards Club Tuesdays, 1:00pm-3:00pm at Hopewell Valley YMCA, 62 S. Main Street, Pennington. Come socialize and enjoy refreshments while playing a game pool! Contact Randi to register 537-0236.

Mondays with Mia Meets the third Monday of the month 11:00am at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. **This month meets on September 25th (4th week)**

Newsletter Folding Meets the third Monday of the month, 1:00pm at the HV Senior Center, 395 Reading Street, Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. For more information call 537-0236.

Senior Advisory Board Meeting is the third Wednesday of the month at 2:00pm at the HV Senior Center. 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 537-0236.

Social Bridge Mondays, 2:00-4:00pm at the at the HV Senior Center. All experience levels invited, come socialize while playing bridge!

T'ai Chi Wednesdays, September 6th to October 25th, 10:30am at St. James Church, 115 E. Delaware Ave, Pennington. Fee for the program is \$25, please bring a check to the first class made out to the HV Senior Foundation. We must have 10 participants registered to hold the class. Please call Randi 537-0236 or email rknechel@hopewelltp.org to register.

Around the Valley

Join us for an Event for Family Caregivers!



Are you caring for a loved one? Concerned about their well-being? Are you planning for your loved ones future options and care?

Join us as Mary Catherine Lundquist, MDiv., of Care2Caregivers, COPSA Institute for Alzheimers & Related Disorders, for this informative presentation!

Caregiver Basics

Thursday, October 12th at 6:30pm

**Hopewell Township Municipal Building
201 Washington Crossing Pennington Road, Titusville, NJ 08560**

We will discuss an overview of dementia including causes and symptoms, how to care for yourself, communication strategies, tips for structuring your day and planning for the future.

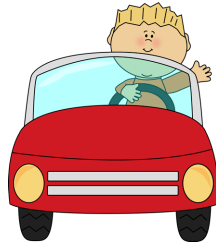
Registration is requested by calling Randi, Hopewell Valley Senior Services Coordinator 609-537-0236

Light refreshments will be provided, sponsored by Home Care Assistance

Care2Caregivers



Save the Date:
AARP Safe Driver
Thursday, November 2
Hopewell Township Municipal Building



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

PRSRT STD
U.S. Postage Paid
Permit No. 427
Trenton, NJ 08650