

# Senior Spirit

Hopewell Valley Senior Services Newsletter

January 2018, Vol. 12, No. 1

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Hopewell Valley Senior Services Presents:

## **Heart Healthy Senior Health Fair**



**THURSDAY, FEBRUARY 1, 2018  
STOP IN BETWEEN 11:00 am – 1:00 pm**

**HOPEWELL TOWNSHIP MUNICIPAL BUILDING  
201 Washington Crossing-Pennington Road, Titusville**

Featuring Information About: American Heart Association, Medication Safety, Diabetes, Sleep, Cholesterol, Blood Pressure Screenings, Exercise, Heart Healthy Diets, Stress Management, Hands Only CPR Demonstration and much more.

**BRANDYWINE SENIOR LIVING AT PENNINGTON WILL PROVIDE A HEALTHY LUNCH FOR ATTENDEES!**

No registration required. For more information, contact Hopewell Valley Senior Services (609) 537-0236 or [rknechel@hopewelltpw.org](mailto:rknechel@hopewelltpw.org). In case of poor weather, the event will be held on February 2, 2018.

## **Senior News**

### **Attention Hopewell Valley Amateur Pianists**

Now forming a piano salon for adult pianists who would like to play with and for others—All levels welcome—share your repertoire—build confidence playing for others—regular gatherings. For details call Al Fittipaldi at 609-638-4878 or email me at [alfitti@mac.com](mailto:alfitti@mac.com).

### **AARP Tax Aide**

This year AARP Tax Aide will only have appointments at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Appointments will be held weekly on Tuesdays starting February 6th through April 16th. Appointments are available in one hour increments from 10:00am to 1:00pm. You will need to call the library to schedule your appointment, 609-737-2610. There will be no appointments at the Hopewell Valley Senior Center.

### **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

**Program Registrations, Liz Re - (609)537-0257**

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

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

TRADE Transportation-(609)530-1971

### **Special Events for January 2018**

**Brown Bag Luncheon** Friday, January 5, 12:30pm at Pennington Presbyterian Church, 13 S. Main Street, Pennington. The speaker will be Jo Carolyn Dent-Clark, Executive Director of ECHO, Inc. ECHO (Energetic Citizens Helping Others) provides activities and information to empower seniors in the Greater Mercer County area to remain active, informed and independent through a coordinated, effective network of services. Dent-Clark will cover opportunities of interest to both those nearing retirement and older seniors. Lunch begins at 12:30 and the program at 1:00. Bring your sandwich. Beverages, fruit and light dessert will be provided.

#### **First Friday Films – Grey Lady (2017)**

Friday, January 5, 1:30 pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. A Boston police officer travels to Nantucket to find the killer of his partner. Once there, he uncovers disturbing family secrets that greatly alter his investigation. 109 mins, Rated R. No registration necessary.

**Tech Time** Tuesday, January 9, 3:00pm at Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Stop in for tech help from local teens. **Registration required by January 4th.** To register, contact Randi, 537-0236.

**Senior Sing-along** Wednesday, January 10, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Karen Anne Melendez is a board-certified music therapist and licensed counselor as well as a musician who sings and plays the guitar. Daughter of Anne and Frank Litecky, she was raised in Pennington, NJ and has performed throughout the state. We are delighted to have her visit with us in January to share in sing-along! She will be performing some holiday songs as well as some music from the 1950's by Elvis, Johnny Cash, Frank Sinatra, Everly Brothers, Patsy Cline, Patti Page and others!

**Mercer County Library Book Sale** Saturday, January 13th through Saturday, January 20th during library hours, 245 Pennington Titusville Road, Pennington, NJ 08534. Stop by the library for our annual library book sale, sponsored by the Friends of Hopewell Branch Library. Peruse our selection of children's and adult books and find some fun finds, or bring home some old favorites. Book sale is open during library hours. Proceeds go toward funding programs at the Hopewell Branch Library.

**Schafer Sports Center** Wednesday, January 17, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Join us as Schafer Sports Center presents their current senior programs for you to enjoy. They offer senior swim, water aerobics, swim lessons and stroke classes to improve your technique. Come and learn more about their facility, class offerings and fees.

**Lunch & Learn at Brandywine Senior Living at Pennington** Wednesday, January 24, 12:00pm at Brandywine Senior Living at Pennington, 143 W. Franklin Ave, Pennington. Senior Housing Options-Your Questions Answered! Learn about the costs and services of assisted living and other types of senior housing in our area. Enjoy tours of resident and model apartments. Lunch will be served at noon. Please register with Randi if you are interested in attending, 537-0236.

**The Short of It** Wednesday, January 24, 2:00pm, Mercer County Library, 245 Pennington Titusville Road, Pennington. The short story -- short in length, but full of content! Join our newly formed discussion group, which has a focus on the short story. Each month we'll read and discuss three short stories by the same author. This month's author is P. G. Wodehouse and his short stories, "Jeeves Takes Charge," "The Crime Wave at Blandings," and "Honeysuckle Cottage." *No registration necessary.*

#### **Movies for Adults: Beguiled (2017)**

Wednesday, January 31, 1:30 pm & 6:30 pm, Mercer County Library, 245 Pennington Titusville Road, Pennington. A soldier seeks refuge at an all-female boarding school in Virginia during the Civil War, where the ladies compete for his affections while tending to his injuries. 94 minutes, Rated R. No registration necessary.

*Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 6360*

## Ongoing Programs

**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** meets Tuesdays 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** Second 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 Randi at 537-0236.

**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** Thursdays, 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.

**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, January 3 to February 21, 2018 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 Liz 537-0257 or email [ere@hopewelltp.org](mailto:ere@hopewelltp.org) to register.

*Programs subject to cancellation due to extreme weather. For more information, call (609)537-0236*

**Hopewell Valley Senior Center, 395 Reading Street, Pennington, NJ 08534, phone: (609) 737-3855**



**BRANDYWINE**

**SENIOR LIVING**

*Life is Beautiful*

**LUNCH AND LEARN**

**WEDNESDAY, JANUARY 24<sup>TH</sup> AT 12:00PM**

**BRANDYWINE SENIOR LIVING**

**AT PENNINGTON**

**143 W. FRANKLIN AVE, PENNINGTON**

Join us for lunch and learn about **Senior Housing Options**, have your questions answered about the costs and services of assisted living and other types of senior housing in our area.

Enjoy tours of resident and model apartments.

Registration is required, please call Randi 537-0236.

**Save the Date:**  
**Caring for Your Teeth**  
**February 21st, HV Senior Center**



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

**PRSR STD**  
**U.S. Postage Paid**  
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**Trenton, NJ 08650**