

Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2019, Vol. 13, No. 11

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Local Theatre Trips

Hopewell Township Parks & Recreation in partnership with Hopewell Valley Senior Services is looking to expand our Theatre trips to include local places such as Bucks County Playhouse (New Hope, PA), Kelsey Theatre (Hamilton, NJ) and Music Mountain Theatre (Lambertville, NJ).

We are trying to gauge the communities interest in hosting these trips. These theatre trips would be available at a lower cost than the Broadway shows currently offered through Parks & Recreation and often just as amazing!

Transportation may be available, something we are working on, or you may transport yourself to the theatre on your own. We would provide pricing accordingly including transportation if needed.

Please email Leslie or call Recreation if you would be interested in participating in this expansion of our program, lconant@hopewelltp.org or 609-737-3753.



YMCA Youth Partnership

In previous years Senior Services offered a program called Tech Time where our youth would help our seniors learn about technology and using their devices such as cellphones and laptops. In recent years our seniors have become tech savvy themselves and the program was no longer needed! We have decided to try a new idea where our life experienced seniors can now help our youth learn some basic life skills! Hopewell Valley Senior Services in partnership with the Hopewell Valley YMCA would like to start a new intergenerational program with our seniors and youth. We are looking to recruit seniors with teachable life skills who would be interested in sharing with our youth at the Hopewell Valley YMCA Youth Activity Center, 62 South Main Street, Pennington in the afternoons. So many basic life skills are being lost and we are looking for people to teach them! Something as simple as sewing on a button or ironing a shirt are now being paid for instead of doing them. Youth today feel like they are not allowed to fail and so while sharing your skills with them having conversations with them about life experiences may change the way they view life. The Teen Center has lots of capabilities including a working over, so if baking is your forte, let's bake a cake! We have a group of teens interested in learning billiards, we have one senior volunteer but could use another! If you have a life skill you would like to share with our teen youth, please contact Randi, 609-537-0236. We are also taking suggestions for a name for the program!

Medicare Open Enrollment

Open enrollment for Medicare began on October 15th and will close on December 15th. For help or more information on choosing a Medicare Plan best for you, please contact:

Children's Home Society of New Jersey
635 South Clinton Avenue
Trenton, NJ 08611
609-695-6274, Ext. 215

Upcoming Hopewell Township Recreation Trips:

NYC Holiday Shopping Trip...Sunday, December 15

Disney On Ice Presents "Road Trip Adventures"...Monday, December 30

Philadelphia Flower Show...Thursday, March 5

Doolan's "St. Patrick's Feast"...Wednesday, March 11

"Tina Turner", a Broadway Musical...Wednesday, April 22

"Guys and Dolls" at the Dutch Apple Theatre...Wednesday, May 6

Overnight Trip to Niagara Falls & Toronto Canada...May 18-21

REGISTRATION IS NOW OPEN. REGISTER EARLY BEFORE THEY FILL UP!

Special Events November 2019

Brown Bag Luncheon Friday, November 1, 12:30pm at Pennington Presbyterian Church, 13 S. Main Street, Pennington. Important estate matters, including probate, fiduciaries, formal accounting, and insolvencies, are the topics for the next Brown Bag Lunch at Pennington Presbyterian Church on Friday, November 1. Diane Gerofsky, Judge of the Mercer County Surrogate Court, will be the speaker. Lunch is at 12:30. Bring your own sandwich. Beverages and a light dessert will be provided. The presentation begins at 1. The program is free and open to the entire community, but registration is encouraged. Please call the church office at 609-737-1221x10.

First Friday Film: Thank You for Your Service Friday, November 1, 1:30 pm, at Mercer County Library, 245 Pennington Titusville Road, Pennington. Thank You for Your Service (2017): (Miles Teller, Haley Bennett, Joe Cole) Rated R, 108 minutes. *Summary:* A group of U.S. soldiers attempt to reintegrate into civilian life after serving in Iraq.

Medicare Information Session Monday, November 4, 10:30 am at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. Learn about the different parts of Medicare, find out when you are eligible, when to apply for Medicare, and how to choose the coverage you need! Presented by: Cathy Forbes, Mercer County State Health Insurance Assistance Program. *Registration requested.* 609-737-2610.

Documentaries @ Your Library The Cove (2009): Rated PG-13, 92 minutes. Monday, November 4, 1:30 pm at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. *Summary:* Filmmaker Louie Psihoyos and former dolphin trainer Richard O'Barry expose the abuse of dolphins by fishermen in the Japanese coastal town of Taiji. Formerly an animal trainer, O'Barry has dedicated his life to exposing the slaughter of dolphins.

Tracking Wild Birds Friday, November 8, 10:00am, Hopewell Valley Senior Center, 395 Reading Street, Pennington. Join us as we learn about the native birds in our area and how to attract them. Come win prizes and take home giveaways! Presented by John Hart and Rosedale Mills. This program was rescheduled from October 3rd.

POLST – Practitioner Orders for Life Sustaining Treatment Friday, November 8, 10:00 am at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patient treatment wishes are properly communicated to their healthcare team, which promises to honor those wishes. Barbara Vaning, Princeton Health Community Wellness, will discuss the POLST form. *Registration requested* 609-737-2610

Interfaith Caregivers Wednesday, November 13, 10:00am at Hopewell Valley Senior Center, 395 Reading Street, Pennington. Interfaith Caregivers began their mission of helping the under-served, home-bound elderly and adults with disabilities in 1994. They help this population maintain their dignity and independence all through their caregiving and wellness services provided by volunteers. These volunteers are recruited, trained and managed. The Hopewell Valley area is underserved due to the lack of volunteers in our area. During this presentation we will learn about their mission and what it takes to be a volunteer. Let's come together and help our neighbors in need. This program was rescheduled from August 14th.

The Short of It – Katherine Anne Porter Wednesday, November 13, 2:00 pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. The short story -- short in length, but full of content! Each month we read and discuss three short stories by the same author. This month's author is Katherine Anne Porter and her short stories, "Flowering Judas," "The Jilting of Granny Weatherall," and "The Grave."

Pancreatic Cancer: Managing Risk, Making & Understanding a Diagnosis Thursday, November 21, 6:00pm, Capital Health Hospital-Hopewell, NJ Pure Conference Center, One Capital Way, Pennington. Not as common as other forms of cancer, pancreatic cancer frequently goes undetected until its later stages. Join DR. JASON ROGART, director of Interventional Gastroenterology & Therapeutic Endoscopy at the Capital Health Center for Digestive Health, and understand how pancreatic cancer is diagnosed and how doctors determine how advanced the disease is. Register by calling, 609-394-4153 or register online capitalhealth.org/events

AARP Safe Driver Friday, November 22, 9:00am-3:00pm at Hopewell Township Building, Auditorium, 201 Washington Crossing Pennington Road, Titusville. The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed especially for drivers 50 and older. To register please call HV YMCA, 609-737-3048. There is a fee for the class, \$15 per person for AARP members and \$20 for non-members. Registration required by contacting YMCA. Bring check (made out to AARP or cash on the day of the class).

Movies for Adults— Ocean's 8 Wednesday, November 27, 1:30pm, Mercer County Library, 245 Pennington Titusville Road, Pennington. (Sandra Bullock, Cate Blanchett, Anne Hathaway) Rated PG-13, 120 minutes. *Summary:* Debbie Ocean recruits seven women to help her steal a \$150 million necklace at the Met Gala.

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

Ongoing Programs

Active Aging Exercise Class Thursdays, October 24-December 12. 10:00am, Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Come and enjoy the benefits of stretching and low-impact exercises. Keep moving through fitness. The program is adaptable to all levels and will highlight: functional fitness, balance, strength, endurance, posture, flexibility, and mobility. As with any exercise program, check with your healthcare provider before participating. To register, call Leslie 609-737-3753.

Artists' Choice Tuesday's, 1:00pm-3:00pm, Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville. Bring your own supplies and come socialize with fellow artists.

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 of pool! Contact Randi to register 537-0236.

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

Blood Pressure **SECOND** Tuesday of the month **NOVEMBER 12**, 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 and Wednesday at 10:30am 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 609-537-0236.

Knitting Club Second Friday of the month, 1:00pm-3:00pm at Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville.. Bring your own supplies and your imagination and come create masterpieces while enjoying the company of friends!

Let's Chat Social Group Second Wednesday of the month, 1:00pm-3:00pm at Hopewell Township Building, 201 Washington Crossing Pennington Road, Titusville. Join this group created for spending a few hours with other local seniors socializing, playing games, doing hobbies, whatever, we are open to suggestions!

Lunch Monday-Friday, 11:30am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Call the Mercer County Nutrition Project at 609-989-6650 for information or the senior center from 9am-1pm at 609-737-3855 to register. Meals must be reserved three days in advance. Suggested \$1 donation.

Mahjongg Thursdays, 1:30-3:30pm at the Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free.

Newsletter Folding Meets the third Monday of the month, 10:30am 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. We are changing times due to the construction at the Senior Center. For more information call 609-537-0236.

Senior Advisory Board Meeting is the third Wednesday at 2:00pm at the Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville.. 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 609-537-0236.

Social Bridge Mondays, 2:00pm-4:00pm at the at the Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. All experience levels invited, come socialize while playing bridge!

T'ai Chi Mondays, September 16-November 18, (no class 11/11) 10:30am at St. James Church, 115 E. Delaware Ave, Pennington. Join instructor, Bev Tucker, to experience a relaxing class that introduces Tai Chi and Qigong for health, healing and personal growth. Note: participants may be seated for these classes. Registration is required, please call Leslie, 609-737-3753.

**RENOVATIONS ARE SCHEDULED AT THE SENIOR CENTER,
ALL AFTERNOON PROGRAMS ARE MOVED TO THE HOPEWELL TOWNSHIP MUNICIPAL BUILDING!**

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

AARP Driver Safety Course

Friday, November 22 at 9am-3pm

Hopewell Township Building

201 Washington Crossing Pennington Rd, Titusville



Register: Contact the Hopewell Valley YMCA
609-737-3048

Fee: \$15 per person for AARP members
\$20 for non-members
Registration required by contacting
YMCA. Bring check (made out to
AARP) or cash on the day of the class.

Useful Numbers for Older Adults in Hopewell Valley

Adult Protective Services-(609)989-4320

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

FISH Meals on Wheels-(609)737-9123

Mercer County Consumer Affairs-(609)989-6671

Mercer County Library-Hopewell- (609)737-2610

Mercer County Nutrition Project/ HV Senior Center (Pennington)-(609)737-3855

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

Mercer County Surrogate-(609)989-6331

Program Registrations-Leslie (609)737-3753

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

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

TRADE Transportation-(609)530-1971

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

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