

# Senior Spirit

Hopewell Valley Senior Services Newsletter

January 2020, Vol. 14, No. 1

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Hopewell Valley Senior Services Presents:

## Healthy Living Fair



THURSDAY, JANUARY 30, 2020  
STOP IN BETWEEN 11:00 am - 1:00 pm

Hopewell Township Municipal Building Auditorium  
201 Washington Crossing-Pennington Road, Titusville

Providing Resources on: Nutrition, Exercise,  
Mental Health, Healthy Living, Local Health  
Departments, Emergency Services, and  
Volunteer Groups

Lunch will be provided by  
Brandywine Living at Pennington!

No registration required. For more information, contact  
Hopewell Valley Senior Services (609) 537-0236 or  
[rknechel@hopewelltp.org](mailto:rknechel@hopewelltp.org)

In case of poor weather, the event will be held on January 31, 2020.

## Senior News

**AARP Tax Aide** will be returning to the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Appointments will be held weekly on Tuesdays starting February 4th through April 14th. Appointments are available in one hour increments from 10:00am to 1:00pm. **Please call the library to schedule your appointment, 609-737-2610.** There will be no appointments at the Hopewell Valley Senior Center.

**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 609-989-6336.**

**CONTACT of Mercer County** provides a free daily outreach service to senior citizens who live alone. If you are over 60 years old and live in Mercer County, you can engage in this free service. Trained REASSURANCE Volunteers phone our seniors once each day to check on their well-being. **Call (609) 737-2000** if you or someone you know would like to receive a friendly, person-to-person phone call each day. OR If you would like to volunteer to call others, call **(609) 737-2000.**

### **Upcoming Hopewell Township Recreation Trips:**

Philadelphia Flower Show...Thursday, March 5

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

Winterthur...Thursday, April 30

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

Doolan's "Happy Days Under the Rock and Roll Boardwalk"...Thursday, June 11

**\*\*LIMITED** amount of tickets for THE MUSIC MAN starring HUGH JACKMAN in 2021 AVAILABLE SOON!

\*\*

## Special Events January 2020

**First Friday Film -- Marshall** Friday, January 3, 1:30 pm, at Mercer County Library, 245 Pennington Titusville Road, Pennington. *Marshall* (2017): (Chadwick Boseman, Josh Gad, Kate Hudson) Rated PG-13, 118 minutes. *Summary:* In 1940 Connecticut, Thurgood Marshall defends a black chauffeur accused of rape.

**Rabies Clinic** Saturday, January 4, 10 am–12 noon at Hopewell Township Public Works, 203 Washington Crossing Pennington Road, Titusville.

**Documentaries @ Your Library: Pavarotti (2019)** Monday, January 6, 1:30pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. Created from a combination of Luciano Pavarotti's genre-redefining performances and granted access to never-before-seen footage, the film will give audiences around the world a stunningly intimate portrait of the most beloved opera singer of all time. (Rated PG-13, 115 minutes).

**The Short of It – Oscar Wilde** Wednesday, January 8, 2:00 pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. The short story -- short in length, but full of content! Join our discussion group, which focuses on the short story. Each month we'll read and discuss three short stories by the same author. This month's author is Oscar Wilde and his short stories, "The Happy Prince," "The Selfish Giant," and "The Canterville Ghost." *No registration necessary.*

**Declutter Your Home – Stress Free!** Wednesday, January 8, 7:00 pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. One of the biggest challenges for many homeowners is going through their "stuff" at home, and deciding what to do with everything, and having the motivation to get through this very dreaded process. We will create an action plan and talk about common clutter misconceptions, making decisions, motivation, investing time in this process, getting family and kids involved and getting to the finish line a winner! *Registration requested by calling Mercer County Library, 609-737-2610.*

**Brown Bag Lunch** Friday, January 10, 12:30pm at Pennington Presbyterian Church, 13 S. Main Street, Pennington. The importance of good nutrition is the perfect topic for discussion after the holidays. So Pennington Presbyterian Church's next Brown Bag Lunch will feature a guest speaker focusing on good nutrition practices for adults, especially older adults. The lunch on Friday, January 10 (not the usual first Friday of the month) is at 12:30, followed by the speaker from 1 to 2. Fruit, beverages and a light dessert will be provided. Bring your own sandwich. Please join us. Here is an opportunity to get corroboration for your current knowledge about nutrition, learn even more and get answers to your questions from a professional. Please call the church office at 609-737-1221, X10 to sign up.

**The Annual Coffee House Cabaret** Friday, January 10th at 7:00 p.m, HV Central High School, 259 Pennington Titusville Road, Pennington. Join the Hopewell Valley Central High School Choir Department for our annual Coffee House Cabaret on January 10 at 7 pm. The cabaret takes place at Hopewell Elementary School and features: Vox Central Jazz; U Got Male; Con Brio; She Major; and our newest group, Take Notes. It also features soloists, small groups, and the school's quartets: Euphonix, The Perfect 4ths, and Three Good Men. Coffee, hot chocolate, and cookies are provided by local businesses and the Music & Theatre Parents Association. The event is free but donations are encouraged to support our student musicians.

**Senior Book Group** Monday, January 13, 2:00 pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. This month's title will be *Steve Jobs* by Walter Isaacson.

**Annual Book Sale** January 18-25, during library hours at Mercer County Library, 245 Pennington Titusville Road, Pennington. Stop by the library for our annual book sale, sponsored by the Friends of Hopewell Branch Library. Peruse our selection of children's and adult books for 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.

**Identity Theft and Fraud: What You Need to Know to Help Protect Yourself** Tuesday, January 28, 10:30 am at Mercer County Library, 245 Pennington Titusville Road, Pennington. Join us for an informative seminar during which you'll get a better understanding of: What is identity theft, how to protect your personal information, how to recognize the main types of fraud, and what to do if you're a victim of identity theft. Presented by Timothy Rossi, Financial Advisor from Merrill Lynch. *Registration requested. By calling Mercer County Library, 609-737-2610.*

**Movies for Adults—The Public** Wednesday, January 29 1:30pm & 6:30pm, Mercer County Library, 245 Pennington Titusville Road, Pennington. *The Public* (2018): (Alec Baldwin, Taylor Schilling, Emilio Estevez) Rated PG-13, 122 minutes. A Cincinnati librarian helps a group of homeless people take refuge at the free public library in order to survive a brutal winter night.

**Healthy Living Fair** Thursday, January 30, 11:00am-1:00pm, Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. The Healthy Living Fair will bring resources on Nutrition, Exercise, Mental Health, Heart Health, local Health Departments, Emergency Services and Volunteer Groups. Lunch for attendees will be provided by Brandywine Living at Pennington. In case of poor weather, the event will be held on Friday, January 31. No registration is required, for more information please contact Randi, 609-537-0236.

## **Ongoing Programs**

**Artists' Choice** Tuesday's, 1:00pm-3:00pm, Hopewell Valley Senior Center, 395 Reading Street, Pennington. 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 Hopewell Valley Senior Center, 395 Reading Street, Pennington.

**Blood Pressure** 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 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 Valley Senior Center, 395 Reading Street, Pennington. 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 Valley Senior Center, 395 Reading Street, Pennington. 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 Valley Senior Center, 395 Reading Street, Pennington. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free.

**Newsletter Folding** Meets the third **TUESDAY** of January, 12:30pm 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 609-537-0236.

**Senior Advisory Board Meeting** is the third Wednesday at 2:00pm at Hopewell Valley Senior Center, 395 Reading Street, 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 609-537-0236.

**Social Bridge** Mondays, 2:00pm-4:00pm at Hopewell Valley Senior Center, 395 Reading Street, Pennington. All experience levels invited, come socialize while playing bridge!

*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 Tax-Aide



AARP Foundation Tax-Aide (by appointment only)  
Mercer County Library-Hopewell Branch  
249 Pennington Titusville Road, Pennington

Free tax preparation from AARP Tax-Aide at Hopewell Branch of Mercer County Library; call 609.737.2610 for appointments:

*Tuesdays, February 4 to April 14, 2020*

AARP trained tax preparers focus on low and moderate income returns, but we can prepare most personal returns within training guidelines.

We e-file Federal and state returns;  
also fill out PTR ("Senior Freeze") forms.

*Registration is required.*

*Please call 609.737.2610 to make an appointment*



**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

**PRSRT STD  
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