



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

**January 2016, Vol. 10 No. 1**

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### **Here's to a Fabulous, Fit 2016!**

In the month of New Year's Resolutions, fitness is often at the top of the list. For good reason too, staying in shape prevents all kinds of physical illness. New studies are finding that it also helps the mind stay sharp as people age, so it's extra important to older adults to maintain their fitness. Sometimes it's just hard to get started with a routine.

There's help this year. The theme for our annual Wellness Fair at the Hopewell Township Municipal Building is: Fitness Especially For YOU!! There will be organizations and vendors to help you find your fittest self this year. Learn about different kinds of exercise and ways to stay fit on any budget. Plus Brandywine Assisted Living will be bringing their amazing lunch once again. I can already smell that delicious soup. The event will be from 11am-1pm on Thursday, January 28th. See inside for more details.

*Abigail Meletti*

*Hopewell Valley Senior Services Coordinator*

*[http://www.hopewelltp.org/senior\\_news.html](http://www.hopewelltp.org/senior_news.html)*

## **Senior News**

**Back to the Senior Center** after Martin Luther King Day, afternoon program will be returning to the senior center.

**Email Updates and Senior Spirit** sign-up by contacting Randi Knechel at rknechel@hopewelltp.org or (609)737-0605, ext. 636.

**Free Rabies Clinics For Pets** on January 9 from 10 am to noon at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd. in Titusville. No residency restrictions.

No registration required. For more information, call (609)737-0605, ext. 678

**Low Income Home Energy Assistance (LIHEAP) Program** is now accepting applications for the upcoming heating season. This federal program is administered by the New Jersey Department of Community Affairs to provide low-income households with money to help pay their heating bills. To be eligible a resident must have a monthly income of less than \$1962 or \$2655 for a couple. For more info, call 1-800-510-3102 or go to [www.energyassistance.nj.gov](http://www.energyassistance.nj.gov)

**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

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

TRADE Transportation-(609)530-1971

## ***Special Events for January 2016***

**Brown Bag Luncheon:** Friday, January 8, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Patricia Jones from Mercer County Office on Aging will be presenting a program on Health Care, Home Care and Life Care. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. Open to the public. **Register by calling 737-1221, ext. 10.**

**Let's Chat** Friday, January 8, 1-2:30pm at the Hopewell Township Municipal Building, 201 Washington Crossing -Pennington Rd. in Titusville. Join Vivian Greenberg, LCSW for a lively discussion. Refreshments served. No registration required.

**Mondays with Mia** Monday, January 11, 11am-noon at the Hopewell Township Municipal Building. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. No registration required.

**Book Club** Monday, January 11, 2-:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington -Titusville Rd. The group book *My Beloved World* by Sonia Sotomayor. For more information, contact Diane Miller at (609)737-2610.'

**Tech Time** Tuesday, January 12, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by January 8.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 668.

**Aging-In-Place** Tuesday, January 19, 3:15-4:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. This is a group of people who are exploring ways to support each other as they age. No registration required.

**Antibiotics: Will They Work When You Really Need Them?** Wednesday, January 20, 10:30-11:30am at the HV Senior Center. Learn about the dangers of antibiotic resistance and what you can do about it with Mary Rosner, Hopewell Township's Public Health Nurse. No registration required.

**History Talk** Monday, January 25, 10-11:30am at Hopewell Borough Hall, 88 East Broad St. in Hopewell. Jack Koepfel of the Hopewell Valley Historical Society will give a talk about *Lost Hopewell: Stories from the Past*. Refreshments will be served. No registration required.

**Driving with Special Medical Considerations** Tuesday, January 26, 6-7:30pm at the Hopewell Valley Senior Center. Carrie Monagle, OTR, CDRS, Certified Driver Rehab Specialist with St. Lawrence Rehab will discuss evaluating a driver's capability, training and adaptive equipment, and rehabilitation services for drivers with illnesses or injuries that affect their driving ability.. Light dinner sponsored by Mercer Home Health. **Register by contacting 737-0605, ext. 668.**

**Consumer Rights and Responsibilities** Wednesday, January 27, 10:30-11:30am at the HV Senior Center. Donna Giovannetti of Mercer County Consumer Affairs will be back to talk about ways to fight fraud. No registration required.

**Senior Fitness Fair: Fitness Especially For YOU!!** Thursday, January 28, 11am to 1pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Drop in any time. Free lunch by Brandywine Senior Living at Pennington. No registration required. Snow date is 1/29/15. See center page for more 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 on 1/5, 1/12, and 1/19 from 1-3pm at the Hopewell Township Municipal Building. For more information call 737-0605, ext. 668.

**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.

**Folding** Meets the fourth Monday of the month, 1pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668. *Please note change this month to the fourth Monday due to the Martin Luther King Day holiday.*

**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 (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.

**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 Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668. *No Mahjongg on 12/24.*

**Senior Advisory Board Meeting** is the third Wednesday of the month at 2pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in 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)737-0605, ext. 668.

**Social Bridge** Mondays, 2:30-4:30pm at the at the Hopewell Township Municipal Building. **Pre-registration for first time players recommended by contacting 737-0605, ext. 668.**

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

Hopewell Valley Senior Services Presents:

## Senior Fitness Fair: Fitness Especially for YOU!



THURSDAY, JANUARY 28, 2016

STOP IN BETWEEN 11:00 am – 1:00 pm

HOPEWELL TOWNSHIP MUNICIPAL BUILDING  
201 Washington Crossing–Pennington Road, Titusville

Featuring: Capital Health, Hopewell Township Health Dept,  
Montgomery Health Dept, Healthy Bones, PEAC,  
Eastern Pedorthics, Fitness Instructors, Hopewell Township Police

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

No registration required. For more information, contact  
Hopewell Valley Senior Services (609) 737-0605 x 668 or  
[rknechel@hopewelltp.org](mailto:rknechel@hopewelltp.org). In case of poor weather,  
the event will be held on January 29, 2016.

**A mobile Project Medicine Drop Box will be available during the Senior Fitness Fair.**  
Residents are encouraged to bring their expired or unused prescription medications which  
can be dropped off anonymously and with no questions asked. More information about  
Project Medicine Drop, including the full list of Project Medicine Drop locations, can be  
found at [www.NJConsumerAffairs.gov/meddrop](http://www.NJConsumerAffairs.gov/meddrop).



## **Save the Date**



February 2016

### **AARP Tax-Aide at the HV Senior Center**

*Details in the February Senior Spirit*

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

**RETURN SERVICE REQUESTED**

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