



# Senior Spirit

Hopewell Valley Senior Services Newsletter

September 2016, Vol. 10, No. 9

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Pilot Program

## GrandPals

**Building relationships with Elementary Students through the power of reading**

The goals of the GrandPals Program fosters positive intergenerational relationships and to create a life-long love of reading and learning in out young children.

The program offers our senior citizens an opportunity to engage with elementary school children by reading appropriate books provided by the school library in a location separate from the classroom. An orientation time will be scheduled when all volunteers can meet and greet.

We are looking for volunteers for a pilot program starting in October at one of the Hopewell Valley elementary schools. Volunteers must commit to a specific day of the week in the specific school year and a 30 minute time schedule, both to be set by the school. You must provide your own transportation. Generally, each volunteer will be assigned the same two children each session, so a bond between the three of you will result. If the volunteer cannot make the session, a substitute will be provided.

To read about the program that was started in Princeton almost 20 years ago please go to:

<http://www.princetonsenior.org/grandpals.cfm>

**To volunteer or to learn more about the program in Hopewell Valley, please contact Randi Knechel at (609)537.0236 or [rknechel@hopewelltwp.org](mailto:rknechel@hopewelltwp.org)**

## **Senior News**

**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](mailto: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.**

### **GrandPals: NEW PROGRAM**

The GrandPals Program are to foster positive intergenerational relationships and to create a life-long love of reading and learning in out young children. GrandPals offers an opportunity for older adults to share their experience, skills and interests. Teachers value this program because it gives the children a calm period during their busy day to listen to fascinating stories, get their questions answered and relate to an older adult. Many children do not have grandparents nearby. We will not teach children to read. GrandPals is a wonderful opportunity for several generations to meet and get to know one another and to share a love of reading: the GrandPals, the teachers and the children.

We are looking for volunteers to start a pilot program in one of the elementary schools. The school has not been determined yet. It would be a weekly commitment, you would join the same class and students every week in a location outside of the classroom. We are looking to begin the program in early to mid October.

This program was starting in Princeton, for information please go to: <http://www.princeton senior.org/grandpals.cfm>  
Please contact Randi Knechel if you are interested in learning more about the program and volunteering. (609) 537.0236

### **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 September 2016***

**Senior Picnic** Thursday, September 8th from 12:00pm to 3:00pm at Sullivan's Grove in Washington Crossing State Park. Please join us for a free afternoon of food, fun and music. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition. Please RSVP ONLY IF YOU CAN ATTEND by calling 737-0605 x668, no later than Wednesday, August 31<sup>st</sup>. Please do not call if you CANNOT attend. **Rain date Thursday, September 15<sup>th</sup>.**

**Artists' Choice Annual Show** Thursday, September 8th from 4:00pm-5:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington Titusville Road, Pennington. The show will be on display for the month of September at the library.

**Book Club** Monday, September 12th, 2:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group book is TBD. For more information, contact Diane Miller at (609)737-2610.

**T'ai Chi** Tuesdays, September 13th through November 1st (no class 9/27), 10:30-11:30am at the Hopewell Borough Hall, 88 East Broad Street, Hopewell, NJ. T'ai Chi is a gentle exercise perfect for anyone seeking a mild but effective program that addresses physical, mental and emotional well being. **Registration is required, call 737-0605 ext. 668.** Bring a check for **\$25.00** made out to the **Hopewell Valley Senior Foundation** to the first class.

**Online Health Information and Research** Thursday, September 22<sup>st</sup> at 10:00 am, Hopewell Valley Senior Center, 395 Reading Street, Pennington. The Montgomery Township Health Department will present an "Online Health Information and Research" Come join Health Educator, Devangi Patel to learn about American's online health habits, how to find reliable health information online, how to navigate health websites, questions to ask before trusting a website and more!

**Social Security Savvy: How to Maximize Your Benefits** Tuesday, September 27th, 6:30pm at the Pennington Public Library. Join us to learn when to take and how to take your Social Security. Understand the in's and out's of Social Security and what will work for you! Presented by AIG & Insight Private Advisors.

**At Home Fire Safety** Wednesday, September 28th at 10:00 am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. Join us for a discussion with members of the Hopewell Valley Fire District as they present simple ways to prevent and protect your home from fire. October is Fire Safety Month, get prepared! We will have a sign-ups for anyone who would like to have their smoke detectors tested!

**Movie: Concussion** Wednesday, September 28 at 1:30 and 6:30 shown at the Mercer County Library. PG-13. Filmmaker Peter Landesman (Parkland) wrote and directed this sports-themed drama based on Jeanne Marie Laskas' GQ article "Game Brain," about the potentially horrific cost of playing football. Pittsburgh-based neuropathologist Dr. Bennet Omalu (Will Smith) discovers a degenerative brain disease now known as CTE in the autopsies of several deceased pro-football players, but after presenting his research, he finds himself under fire from the NFL.

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

## **Ongoing Programs**

**Aging-In-Place** is the third Tuesday of the month from 3:00-4:30pm at the Hopewell Township Municipal Building. 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 9/13, 9/20 and 9/27 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 third Monday of the month, 1pm at the **Hopewell Valley 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)737-0605, ext. 668.

**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.

**Mondays with Mia** Stay tuned for the return of this program!

**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.*

# At Home Fire Safety

Wednesday, September 28, 2016, 10:00am  
Hopewell Valley Senior Center

**Do you know what to do if there is a  
fire at your home?!**

Join us for a discussion about simple  
ways to prevent and protect  
your home from fire.

We will also have a sign-up for Hopewell  
Valley Emergency Services to come to your  
home and check your smoke detectors!





**Save the Date**



**Fire Safety Open House  
Saturday, October 15, 2016 10am-2pm  
Hopewell Township Municipal Building**

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

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