

Senior Spirit

Hopewell Valley Senior Services Newsletter

October 2016, Vol. 10, No. 10

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**Best wishes on your birthday from
Hopewell Township Parks & Recreation
and Hopewell Valley Senior Services!**

Birthday Breakfast

**Hopewell Valley Golf Club
Friday, October 14, 2016 at 9:00 am**

RSVP no later than October 7th at 737-0605, ext. 668.

**Please join us for a birthday breakfast
In your honor, along with other
Hopewell Valley Seniors celebrating birthdays
in the months from July-December.**

**(We welcome and encourage spouses and guests,
at a cost of \$15, which may be paid at the door.)**

Please do not arrive before 8:45am.

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.

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 is to foster positive intergenerational relationships and to create a life-long love of reading and learning in our 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 started 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 October 2016

Exercise for the Active Aging Thursdays starting October 13th through December 8th (no class 11/24) at 10:00am held at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Guided by Bob Kirby-Senior Fitness Specialist. **Early registration recommended at 737-0605 ext. 668**, space is limited. There is a fee of \$15 for the class. Please bring a check made out to **Hopewell Valley Senior Foundation** to the first class.

AARP Driver Safety Course Friday, October 7th, 9:00am to 4:00pm (with a break) at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance premiums in NJ and may have one to two points erased in NJ. AARP membership is not required. Cost is \$15 for AARP members and \$20 for non-members. **Registration required by calling the HVYMCA at 737-3048.**

Brown Bag Luncheon Friday, October 7th at the Pennington Presbyterian Church, 13 South Main Street, Pennington. The On-Stage Seniors of McCarter Theater will perform, sponsored by the Older Adult Ministry Committee of the Pennington Presbyterian Church. This talented group of actors will present monologues based on stories gathered from community retirees. Lunch is at 12:30 and the program at 1:00. Bring your sandwich. Beverages, fruit and light dessert will be provided. Seating for lunch is limited, so please call the church office, [609-737-1221](tel:609-737-1221) to reserve a place. Reservations are not required for the 1:00 program which will be in the Sanctuary where there is ample seating.

Book Club Monday, October 10th, 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.

SHIP Presentation Tuesday, October 11th, 10:00am at Hopewell Gardens, 725 Denow Road, Pennington. Learn about the ABCD's of Medicare: Intro and Overview as we approach the open enrollment period of Medicare. Learn about the preventive benefits you are entitled to as well as options if you are qualified as low-income. Medicare open enrollment begins in November. All are welcome, light refreshments will be served. Presented by Family Guidance Corporation.

Active Lifestyles-Active Adult Day Wednesday, October 13th, 10am at the Senior Center, 395 Reading Street, Pennington. Come learn what the NEW Active Lifestyles has to offer! They are open daily from 7:30am-5:30pm at Pennington-Ewing Athletic Club (PEAC).

Urinary Incontinence: It's Time to Regain Control Wednesday, October 19th, 10:00am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. Presented by Princeton Home Health. Urinary incontinence affects over 15 million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Physical therapy focused on strengthening the pelvic floor and retraining the bladder can help. Join Becky Keller, PT, MSPT, Pelvic Wellness Rehabilitation Coordinator with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn ways to treat your urinary incontinence symptoms, improve bladder fitness and restore your quality of life.

Senior Luncheon Wednesday, October 19th, 12:30pm at Hopewell Valley Central High School Performing Arts Center, 259 Pennington Titusville Road, Pennington. Join us for a luncheon hosted by staff and students with co-sponsorship from the HV Education Foundation, followed by a performance from the High School Band.

Fall Prevention Wednesday, October 26th at 10:00 am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. Presented by Your Health Now. Join us for a talk with Dr. Marc T. Chianese from Your Health Now LLC. We will be discussing fall prevention for seniors who may be less active, have fallen in the past or have had surgeries that lead to physical limitations. We will be identifying fall risks in the home, physical issues or habits that may predispose one to falls, tips for avoiding a fall and getting up from a fallen position. Dr. Marc will be answering questions at the end of the presentation, so please come prepared. Learn about Your Health Now and the services available to you, in your own home.

Movie: The Finest Hours Wednesday, October 26th, 1:30 and 6:15pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. This docudrama depicts the incredible true story of a daring Coast Guard rescue operation off of Cape Cod during a ferocious storm in the winter of 1952. When an oil tanker splits in half, trapping its crew aboard the sinking vessel, four brave Guardsmen set out to save them.

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 10/4, 10/11 and 10/18 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 is the 3rd Monday of the month at 11:30am at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Come meet Mia for an hour of fun. Enjoy human conversation and an opportunity to hang out with a friendly canine. Mia is a chocolate lab who is a certified therapy dog with The Bright and Beautiful Therapy Dogs, Inc. Mia and her handler, Moira Nilsson. Mia's training means she is gentle enough to interact with people with special needs.

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.

Exercise Classes for the Active Aging



Come and enjoy the benefits of stretching and low-impact exercises. Keep moving through fitness. *Remember, 7 days of inactivity makes one WEAK!*

Thursdays at 10am, October 13th - December 8th
(no class November 24th)

Hopewell Township Municipal Building
201 Washington Crossing Pennington Road, Titusville

The program, adaptable to all levels, will highlight:

- Functional Fitness (Activities of Daily Living)
- Balance
- Strength
- Endurance
- Posture
- Flexibility
- Mobility



Instructor: Bob Kirby, Bob's Fun Fitness LLC

Registration is required, space is limited!

Fee of \$15/person for the class, Bring a check to the first class made out to the HV Senior Foundation.

Please call (609) 737-0605 x668 to register.



Save the Date



**Caring for the Aging Eye
November 16, 2016 at 10:00am
HV Senior Center**

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

**PRSR STD
U.S. Postage Paid
Permit No. 427
Trenton, NJ 08650**