



Senior Spirit

Hopewell Valley Senior Services Newsletter

October 2015, Vol. 9, No. 11

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Celebrating Our Veterans and Service Members This Month

As the cool autumn air greets us this November, it's time to think about our veterans and our current service members. We are fortunate to have a vibrant veterans group in Hopewell Valley. They create multiple events a year at Alliger that are open to the community. Their Veterans Day event this year is on Nov. 7. See inside for more details.

Another way to celebrate service members this month is by attending the card writing event on Thursday, November 19th from 3-5pm at the Mercer County Library. At this intergenerational event, Hopewell Valley residents write holiday cards to New Jersey service members who are stationed abroad. If your penmanship isn't your best trait, feel free to type a message to soldiers ahead of time and bring copies to the card writing event. Last year, we had a veteran type up a letter about his military service to insert into holiday cards he signed. This personal touch surely brightened the military members holiday season. Is there a way you could brighten a service member's or a veteran's day?

Abigail Meletti

Hopewell Valley Senior Services Coordinator

http://www.hopewelltp.org/senior_news.html

Senior News

Book Lovers Luncheon sponsored by the Hopewell Valley Education Foundation will take place this year on Sunday, November 22, again at the Greenacres Country Club. Christina Baker Kline, the author of *The Orphan Train*, will be this year's speaker. To purchase tickets go to:

<https://www.eventbrite.com/e/10th-annual-booklovers-luncheon-tickets-17953066104>

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

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

Medicare Open Enrollment for Medicare HMO and Prescription Drug plans is Oct. 15 through December 7. For more information about plans, go to www.medicare.gov.

Volunteer this School Year at Bear Tavern by helping with the knitting club or volunteering in the office. For more information, contact Lauren Kopcow at 737-4005.

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)737-9123

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 November 2015

Flu Shots for Hopewell Borough Tuesday, November 3, 9am to 3pm and 4 to 8pm at Hopewell Borough Hall, 88 East Broad St. Free for people with Medicare. \$25 for all others. **To make an appointment, call (908) 359-8211, ext. 227.**

AARP Driver Safety Class Friday, November 6 from 9am to 4pm (with break) at Hopewell Borough Hall, 88 East Broad Street in Hopewell. 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, November 6, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Detective Salvatore of the Mercer County Sheriff's Office will speak about "Personal Safety & Avoiding Scams". Everyone is welcome. Bring your sandwich. Beverages, fruit and light dessert will be provided. Lunch is at 12:30, the program will follow at 1:00pm For more information call 737-1221.

Book Club Monday, November 9, 2-3:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group book TBA. For more information, contact Diane Miller at (609)737-2610.

Coffee with a Cop No agendas or speeches, just a chance to ask questions, voice concern and get to know the officers in your neighborhood. Held at Dunkin Donuts, 1 Tree Farm Road, Pennington from 4:00pm to 5:30pm.

Tech Time Tuesday, November 10, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by November 6.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 668.

Let's Chat Friday, November 13, 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, November 16, 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.

Walking with Joy at Washington Crossing State Park Tuesday, November 17, 10-11:30am. Enter park on Washington Crossing-Pennington Rd. Meet by the Main Visitor's Center. Rain date is 11/19. No registration required. For more details, call 737-0605, ext. 650.

Agging-In-Place Tuesday, November 17, 3:15-4:30pm 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.

Broadway Trip: Finding Neverland Wednesday, November 18, 10am-7pm. Meet at Independence Park. The story of playwright J.M. Barrie as he becomes a writer. \$140 per person (\$125 for Hopewell Township residents). **To register, call 737-3753.**

Advance Directives and Health Care Proxies Wednesday, November 18, 10:30-11:30am at the HV Senior Center. Rachel Hughes, RN, BSN, Palliative Care Coordinator, Capital Health will discuss these important health care documents and what you need to know about them. No registration required.

Senior Luncheon Wednesday, Nov. 18, 12:30-1:30pm at the Central High School Performing Arts Center. Luncheon hosted by staff and students of the high school with co-sponsorship from Merwick Care & Rehabilitation Center and the Hopewell Valley Education Foundation. Free. **To register, call (609)737-0605, ext. 668 by 11/10.**

Holiday Cards for Service Members Abroad Thursday, November 19, 3-5pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Join local high school students writing greeting cards to local service members who are stationed abroad. Bring extra holiday cards if you have them. You can also type a message up ahead of time if you are concerned about your hand writing. Refreshments served. No registration required.

Age of Adeline Wednesday, November 25, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Adaline (Blake Lively) has kept to herself for decades in order to keep secret the fact that she has remained 29-years-old for nearly a century. However, when she meets a handsome philanthropist named Ellis (Michiel Huisman), she strains against the self-imposed exile she's lived in. When her secret may become public, she is forced to take greater control over her life. Harrison Ford and Kathy Baker co-star. Rated: PG-13. Free.

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 11/10 and 11/17 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. *No blood pressure screening on 11/3 due to election day. 11/17 includes blood glucose screening. Fast or arrive two hours post meal for most accurate results.*

Folding Meets the third 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.

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. *No Healthy Bones at the municipal building on 11/11/15.*

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 11/26.*

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.

VETERANS DAY CEREMONY



Saturday, November 7, 2015

11AM (rain or shine)

Washington Crossing-Pennington Rd.

Alliger Park

(Adjacent to Township Public Works Bldg)

New Engraved Bricks Unveiled

Refreshments

Please Bring Lawn Chairs

Uniform Appropriate



Save the Date



***Tuesday, December 1
Miracle of Christmas
In Lancaster***

Contact Recreation Department at 737-3753 for more information.

http://www.hopewelltp.org/senior_news.html

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

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