

Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2016, Vol. 10, No. 11

Contents

- 1 Greeting
- 2 News
- 3 Special Events
- 4 Ongoing Programs
- 5 Around the Valley
- 6 Save the Date

The Aging Eye



Wednesday, November 16th @ 10:00am
Hopewell Valley Senior Center
395 Reading Street, Pennington

Join us as Joan Micucci, COMT of Matossian Eye Associates presents a comprehensive overview of the many conditions that can affect a person throughout the natural aging process, specifically those which affect vision (cataracts, glaucoma, and age-related macular degeneration). Joan will discuss prevention and treatment of these conditions with a brief overview of each.

Presented by:



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.**

Book Deliveries brought to you by the Hopewell Valley Emergency Services staff through a partnership with the Mercer County Library-Hopewell Branch. Are you homebound or do the cold winter months keep you from leaving your home? Take advantage of this wonderful program and have library books brought directly to you! Call the library to reserve the book (s) you would like to read and have Hopewell Valley Emergency Services deliver them to you! Contact Randi Knechel for more information, (609) 537-0236 or rknechel@hopewelltp.org.

Free Rabies Clinics For Pets on November 5th 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.

2-1-1 is a free, user-friendly phone number that serves 90% of America's population, and connects some 16 million people a year to critical resources, information and services. In New Jersey, more than 210,000 people turned to 2-1-1 for help last year. People called to find information for meeting basic needs, like heating or utility assistance, emergency help, or to find the closest food bank. But they also called for everyday information, to find out where to take their child for developmental screening, or how to locate job training or to find free tax filing support. NJ residents can also visit www.nj211.org to "self-serve," whether to read about how to find help for specific problems or to search the database of over 14,000 programs and services.

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 November 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. Must have registered for the program.

Brown Bag Luncheon Friday, November 4th, 12:30pm at the Pennington Presbyterian Church, 13 South Main Street, Pennington. "The African American Presence in the Sourland Mountain and Hopewell Valley Region" will be the topic presented by researchers Beverly Mills and Elaine Buck at the November 4th Brown Bag Lunch sponsored by the Older Adult Ministry Committee of the Pennington Presbyterian Church (13 S. Main St.). The Stoutsburg Cemetery land was purchased so that African Americans would have a place to be buried with dignity. It has served as a burial ground for African Americans from as far back as the Revolutionary War. Join us to learn more about our local history and plans underway for an African American Museum, the first in Central N.J.. Lunch is at 12:30 and the program at 1:00. Bring your sandwich; fruit, beverages and light desserts will be provided. For additional information, call the church office: 609-737-1221.

Diabetes Overview Wednesday, November 9th, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Are you newly diagnosed with diabetes? Have you had diabetes for years but still feel confused or overwhelmed? Do you have questions regarding your management of your diabetes? A certified diabetes educator (CDE) is a healthcare professional who possesses comprehensive knowledge and experience in the management of diabetes, pre-diabetes, and diabetes prevention. Spend an hour with Laura Moran, our registered nurse and CDE, to discuss the process of diabetes in your body and answer any questions or concerns related to your diabetes care.

Book Club Monday, November 14th, 2:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. This month's title is Hero of the Empire: The Boer War, a Daring Escape, and the Making of Winston Churchill by Candice Millard. Please call the library at [609-737-2610](tel:609-737-2610) for further information.

Tech Time: Tuesday, November 15th, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by November 10th.** To register, contact 737-0605, ext. 668.

The Aging Eye Wednesday, November 16th, 10:00am at the HV Senior Center. Join us as Joan Micucci, COMT of Matossian Eye Associates presents a comprehensive overview of the many conditions that can affect a person throughout the natural aging process, specifically those which affect vision (cataracts, glaucoma, and age-related macular degeneration). Joan will discuss prevention and treatment of these conditions with a brief overview of each.

Senior Luncheon Wednesday, November 16th, 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 Vocal Groups. Register by calling (609) 737-0605x668 by November 11th.

Moving or Not, Simplifying our lives by getting rid of "the stuff" we have accumulated! Wednesday, November 30th, 10:00am at HV Senior Center. Join us as Barbara Goodman speaks about simplifying your life by getting rid of "the stuff" you have accumulated through the years!

Movie: The Race Wednesday, November 30 at 1:30 and 6:15pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington.

This drama based on true events focuses on legendary black athlete Jesse Owens (Stephan James) and his inspiring journey to overcome racism at home and abroad, culminating in his triumphant track-and-field performance at the 1936 Berlin Olympics under the tutelage of gruff Ohio State coach Larry Snyder (Jason Sudeikis). At the same time, Owens also contends with a rivalry with German competitor Carl "Luz" Long (David Kross), while Olympic committee members Jeremiah Mahoney (William Hurt) and Avery Brundage (Jeremy Irons) deal with Nazi propaganda minister Joseph Goebbels (Barnaby Metschurat) and his desire to make the Games a celebration of Aryan supremacy.

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 11/1, 11/15, 11/22 and 11/29 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.

Mondays with Mia is the 3rd Monday of the month at 11:00am 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.

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

Senior Luncheon

At HV Central High School,
Performing Arts Center



Date: Wednesday, November 16th
Time: 12:30pm
Location: HV Central High School,
Performing Arts Center
259 Pennington Titusville Road
Pennington, NJ 08534
Register: Contact 737-0605 ext. 668 by
November 11th

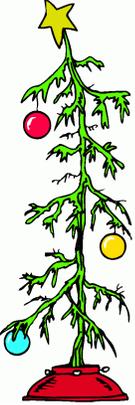
Enjoy a meal followed by a performance of student vocal groups from HV Central High School.

**Sponsored by Merwick Care & Rehabilitation &
the Hopewell Valley Education Foundation.**



Save the Date

**Surviving the Holidays
Trinity Counseling Services
Wednesday, December 14th**



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

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