



Senior Spirit

Hopewell Valley Senior Services Newsletter

December 2015, Vol. 9, No. 12

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Staying Healthy During the Holiday Season

Many of us love December for the holidays. There's less light, but more cheer! One big obstacle though is all those cookie trays. How can we still enjoy ourselves while maintaining our health. One way can be to create traditions with friends and family that don't focus on food: walks around the neighborhood after a big meal, going to a religious service together, having an annual shopping outing, or making some handcrafted gifts. Food helps us show love, but at the end of the day, the love is the most important thing at the holidays and not the food.

If you want more ways to stay on track this holiday, check out the talk on December 8th at 6:30pm at the Pennington Public Library. There are more details inside the newsletter. This is part of a Baby Boomers, but all ages are welcome. I wish you all a wonderful and healthy holiday season!

Abigail Meletti
Hopewell Valley Senior Services Coordinator
http://www.hopewelltp.org/senior_news.html

Senior News

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

Miracle of Christmas Tuesday, December 1, 8am to 6pm. Meet at Independence Park. Enjoy a show about the story of Christmas at Lancaster's Sight and Sound Theatre and after the show go to the Hershey Farm Grand Smorgasbord featuring classic PA Dutch dishes. \$126 (\$111 for HT residents). **To register, call 737-3753.**

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

Health Eating During the Holidays Tuesday, December 8, 6:30-8pm at the Pennington Public Library, 30 N. Main St. in Pennington. Jane Schwartz, RD with Princeton HealthCare System will give a presentation on healthy eating during the holiday season. This is part of the Baby Boomers series. Free. All ages welcome. **Register by calling 1-888-897-8979.**

Unclaimed Property Wednesday, December 9, 10:30-11:30am at the HV Senior Center. Come learn if you have any unclaimed property with Lori Potpinka, State of NJ, Unclaimed Property. No registration required.

Let's Chat Friday, December 11, 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, December 14, 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, December 14, 2:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group book To Be Announced. For more information, contact Diane Miller at (609)737-2610.

Aginq-In-Place Tuesday, December 15, 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.

Longwood Gardens & Yuletide Buffet Wed., Dec. 16, Noon to 7pm Meet at Independence Park. Fountained themed Christmas display followed by buffet in private dining room. \$97 (\$86 for HT residents). **To register, call 737-3753.**

Senior Luncheon Wednesday, Dec 16, 12:30-1:30pm at the Timberlane Middle School, 51 S. Timberlane Dr. Luncheon hosted by staff and students of the middle school with co-sponsorship from Hopewell Valley Community Bank and the Hopewell Valley Education Foundation. Free. Followed by a performance of Timberlane Orchestra and Choir. **To register, call (609)737-0605, ext. 668 by 12/9 but not before 12/1.**

Tomorrowland Wednesday, December 30, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Rated: PG Free. When a scientifically minded teenager (Britt Robertson) discovers a technologically advanced trinket that provides an astounding glimpse of the future, she enlists the help of a reclusive inventor (George Clooney) to make "Tomorrowland" a reality today .

Ongoing Programs

Artists' Choice will be meeting on 12/1, 12/8, 12/15, and 12/29 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. *12/1 screening 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.

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. *Holiday party instead of regular meeting this month.*

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.

Healthy Eating over the Holidays

Tuesday
December 8
6:30 – 8 p.m.

Registration required.

The average person puts on a few pounds each holiday season, and usually keeps it on. Find out what you can do to better manage your eating habits and curb your appetite during the holiday season.

Join Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton's Nutrition Program, to learn more about:

- Managing holiday parties and office treats
- How to navigate the buffet and dining out
- Calories in alcoholic drinks
- Healthy winter cooking tips
- Exercise strategies for cold weather

This session takes place at:
PENNINGTON PUBLIC LIBRARY
30 North Main Street
Pennington



Redefining Care

Please visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979



Save the Date

Thursday, January 28, 11am-1pm

Senior Wellness Fair

Hopewell Township Municipal Building



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

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

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