

Senior Spirit

Hopewell Valley Senior Services Newsletter

December 2016, Vol. 10, No. 12

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Hopewell Valley Arts Council
celebrating art in the everyday.

Join us for our next presentation in the Coffee Connections series:

Monday, December 5th at 10:00am

Hopewell Borough Hall

88 East Broad Street, Hopewell

The Hopewell Valley Arts Council is a growing organization dedicated to celebrating art in the everyday. By cultivating creative exploration and expression, the Council seeks to engage the community throughout the boroughs of Hopewell and Pennington, Hopewell Township, and Titusville. Defining art in the most expansive terms, the Hopewell Valley Arts Council aims to increase awareness and appreciation of, and participation in, visual, culinary, literary, performing and horticultural arts.

Come learn more about the Arts Council, their recent programs, art exhibits, community events, workshops and other forms of artistic expression throughout our community. The Council is looking for local artists and volunteers who'd like to work collaboratively toward celebrating art in the everyday throughout the Hopewell Valley.

HV Stampede

aMAZing Pumpkin Carve



Sponsored by Hopewell Valley Senior Services

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.

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.

BINGO PRIZES We are looking for prize donations for our monthly bingo game at the Senior Center. Please contact Randi Knechel at (609)737-0605 ext 636 if you have items you would like to donate. We are looking for items you would give as hostess gifts.

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 December 2016

Brown Bag Luncheon Friday, December 2nd, 12:30pm at the Pennington Presbyterian Church, 13 South Main Street, Pennington. The Brown Bag Luncheon at the Pennington Presbyterian Church will feature the Middle School Singers from Pennington Prep School under the direction of Bill Alford. They will present a short concert ending with the singing of Christmas Carols. 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.

Coffee Connections: Hopewell Valley Art Council Monday, December 5th, 10:00am at Hopewell Borough Hall, 88 East Broad Street, Hopewell. Come learn more about the Arts Council, their recent programs, art exhibits, community events, workshops and other forms of artistic expression throughout our community. The Council is looking for local artists and volunteers who'd like to work collaboratively toward celebrating art in the everyday throughout the Hopewell Valley.

55+ Breakfast Series: Stroke Prevention and Treatment Tuesday, December 6th, registration begins at 8:30am and the program will run from 9:00am to 10:30am. Join dual-trained neurosurgeon Dr. Michael Stiefel, director of Capital Institute for Neurosciences as he shares the latest in stroke prevention and treatment. Also the director of Capital Health's Stroke and Cerebrovascular Center, Dr. Stiefel will review what you can do to lower your risk of stroke, what to do if you or a loved one show signs of a stroke, and what the latest treatments are. Register by calling 609.394.4153 or at capitalhealth.org/events

BINGO! Wednesday, December 7th, 10:15am at the HV Senior Center. This is a special BINGO sponsored by Comfort Keepers. They will discuss who they are and what they do right before Bingo at 10:15 and supply us with our prizes this month! Join us for a fun filled morning!

Book Club Monday, December 12th, 2:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. This month's title is TBD. Please call the library at 609-737-2610 for further information.

Exercise for the Active Aging Thursdays starting October 13th through December 8th 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.

Staying Active in Retirement Tuesday, December 13th, 6:30pm at the Pennington Public Library, 30 N. Main Street, Pennington. Retired life is the goal for just about everyone in the workforce. Once achieved, there is newly free time, hobbies, traveling, and all around enjoyment. The new goal is to take advantage of every opportunity that presents itself and live this new, long awaited life, to the fullest. Too often it is the health of the individual that is the last thing to make the 'to do list'. How can we make sure our health is where it needs to be, now that there is the time to devote to it? What are the specific issues that need to be addressed to ensure a stress free life, now that the 9-5 grind is in the past? Join Dr. Marc from Your Health Now LLC in a discussion on how to optimize your health and the quality of life in the years to come!

Tech Time: Tuesday, December 13, 3-4pm at the Hopewell Branch of the Mercer County Library, 245 Pennington Titusville Road, Pennington. Stop in for tech help from local teens. **Registration required by December 7th.** To register, contact 737-0605, ext. 668.

Senior Luncheon Wednesday, December 21st, 12:30pm at Timberlane Middle School, 51S Timberlane Drive, 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 Timberlane Orchestra and Choir. Register by calling (609) 737-0605x668 by December 9th.

Social Gathering accompanied by Ragtime Blues Guitar, Karl Dentino Wednesday, December 28th, 10:00am at the HV Senior Center, 395 Reading Street. Join us for a morning of music and socializing as we close 2016! Light refreshments will be provided along with entertainment by Karl Dentino, playing tin pan alley tunes from the 1920's and 1930's with some holiday tunes mixed in.

Movie: Café Society - PG-13 - at 1:30 and 6:15 on December 28th at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. A New Yorker named Bobby (Jesse Eisenberg) moves to Hollywood in the 1930s to work for his uncle Phil (Steve Carell), a powerful and well-connected agent. He soon falls for Phil's secretary Vonnie (Kristen Stewart), unaware that she's secretly having an affair with his uncle. In time, a disillusioned Bobby returns home to run a nightclub for his gangster brother (Corey Stoll). Written and directed by Woody Allen, Cafe Society made its world premiere at the 2016 Cannes Film Festival.

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 12/13, 12/20 and 12/27 from 1-3pm at the Hopewell Township Municipal Building. For more information call 737-0605, ext. 668. (location is subject to change)

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. 636.

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.

Around the Valley

Hopewell Valley Senior Services presents...

Staying Active in Retirement

Presented by: Dr. Marc Chianese, Your Health Now



Tuesday, December 13, 2016
6:30pm to 8:00pm

**Pennington Public Library,
30 N. Main Street, Pennington**

Retired life is the goal for just about everyone in the workforce. Once achieved, there is newly free time, hobbies, traveling, and all around enjoyment. The new goal is to take advantage of every opportunity that presents itself and live this new, long awaited life, to the fullest. Too often it is the health of the individual that is the last thing to make the 'to do list'. How can we make sure our health is where it needs to be, now that there is the time to devote to it? What are the specific issues that need to be addressed to ensure a stress free life, now that the 9-5 grind is in the past? Join Dr. Marc from Your Health Now LLC in a discussion on how to optimize your health and the quality of life in the years to come!

Refreshments will be served. Space is limited. **Registration required by contacting Hopewell Valley Senior Services at (609) 737-0605 x668.**

This program is part of a Baby Boomer Series, but is open to all ages!

Save the Date
Senior Resource Fair
January 26, 2017
11:00am-1:00pm
Hopewell Township Municipal Building



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

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