

# Senior Spirit

Hopewell Valley Senior Services Newsletter

December 2017, Vol. 11, No. 12

## Contents

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

## First Annual Senior Center Cookie Exchange



Wednesday, December 20, 10:00am  
Hopewell Valley Senior Center  
395 Reading Street, Pennington

We are asking you to bring a dozen or more of your favorite cookies to the senior center along with a copy of your recipe to share among our friends. Randi will put together a recipe book of everyone's favorite cookies afterward to share with all who attended.

**Put on your oven mitts and  
let's make this an annual tradition!**

## **Senior News**

### **Rent a Rower!**

A WIN-WIN!! Need help around the house or with yard work? Rent a Rower! Rowers at The College of New Jersey will help you with housework-cleaning the basement or garage, moving furniture, yard work-raking leaves or cleaning out flower beds, etc. Hourly rate charges is \$15 per rower. The money earned enables the crew to purchase equipment for this financially dependent sport. To contact Rent a Rower, email TCNJCrew@gmail.com for more information.

### **Program Registrations for 2018**

Starting in January all of your registrations for programs will be filtered through the Hopewell Township Health Dept Secretary, Liz Re. You will see her phone number on the flyers, her number is 609-537-0257. If you have any questions about the programs you may ask Liz and if she is unsure, I will return your phone call as soon as possible. Thank you for your understanding and cooperation.

### **AARP Tax Aide**

This year AARP Tax Aide will only have appointments at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Appointments will be held weekly on Tuesdays starting February 6th through April 16th. Appointments are available in one hour increments from 10:00am to 1:00pm. You will need to call the library to schedule your appointment, 609-737-2610. There will be no appointments at the Hopewell Valley Senior Center.

### **Useful Numbers for Older Adults in Hopewell Valley**

Adult Protective Services-(609)989-4320

Aging In Place (cell)-(609) 250-5299

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

**Senior Services, Randi Knechel-(609)537-0236**

TRADE Transportation-(609)530-1971

## Special Events for December 2017

**Brown Bag Luncheon** Friday, December 1, 12:30pm at Pennington Presbyterian Church, 13 S. Main Street, Pennington. Concert pianist Donald Dolan and his wife Sarah Sensenig, a coloratura soprano, will blend their talents for an entertaining and festive musical program. Dolan is a musical instrument instructor at the Pennington School and organist for the Pennington Presbyterian Church. Sensenig is a voice teacher and the music director at the Pennington Presbyterian Nursery School. Lunch begins at 12:30 and the program at 1:00. Bring your sandwich. Beverages, fruit and light dessert will be provided.

**Technology Class: Starting with Email** Wednesday, December 6, 1:30pm-3:00pm at HV Senior Center, 395 Reading Street, Pennington. Email has become an indispensable part of life. It is a requirement for almost any online interaction and those who don't have an email address (or have lost their password) have often found themselves at a disadvantage. In this session, we will review the basics of email including: setting up an account, creating a safe password, keeping your email organized, and essential online etiquette. Registration is required by calling Randi, 537-0236. There is a \$5 fee for the class, please bring a check made out to Hopewell Valley Senior Foundation.

**Holiday Movies @ the Library – A Christmas Carol (1938)** Wednesday, December 6, 1:30pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Dickens' classic about miserly Ebenezer Scrooge, who is visited by three ghosts on Christmas Eve, and learns the meaning of the true spirit of the holiday. (Not Rated, 68 minutes) *No registration necessary.*

**55+ Breakfast Series: Using Endoscopy to Prevent, Find & Treat Cancers of the Digestive System**

Friday, December 8, 8:30am-10:30am at Capital Health Hopewell, NJ Pure Conference Center, One Capital Way, Pennington. Join Dr. Jason Rogart, Director of Interventional Gastroenterology and Therapeutic Endoscopy at their Center for Digestive Health, for a discussion about the risk factors for cancers in the digestive system and what state-of-the-art testing and non-surgical treatments are available right here in your community. Register by calling 609-394-4153 or register online at [capitalhealth.org/events](http://capitalhealth.org/events).

**Book Club:** Monday, December 11, 2:00pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. All are welcome to discuss this month's title, *Behold the Dreamers*, by Imbolo Mbue. No registration necessary.

**Tech Time** Tuesday, December 12, 3:00pm at Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Stop in for tech help from local teens. **Registration required by December 5th.** To register, contact Randi, 537-0236.

**First Annual Senior Center Cookie Exchange** Wednesday, December 20, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Join us for our first ever cookie exchange! We are asking you to bring a dozen or more of your favorite cookies to the senior center along with a copy of your recipe to share among our friends. Randi will put together a recipe book of everyone's favorite cookies afterward to share with all who attended. Put on your oven mitts and let's make this an annual tradition!

**The Short of It** Wednesday, December 20, 2:00pm at Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. The short story -- short in length, but full of content! Join our newly formed discussion group, which has a focus on the short story. Each month we'll read and discuss three short stories by the same author. This month's author is Jhumpa Lahiri and her short stories, "A Temporary Matter," "Mrs. Sen's," and "This Blessed House." These stories are available in Lahiri's published collection, *Interpreter of Maladies*. Copies of the stories are available at the Reference/Information Desk. *No registration necessary.*

**End of Month Movie: The Zookeeper's Wife**

Wednesday, December 27, 1:30pm and 6:15pm at Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. A married couple who work as zoo caretakers help save Jews from the Holocaust. (Rated PG-13; 124 minutes)

**End of Year Celebration:** Thursday, December 28, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Join us for our annual end of year celebration with music from Ragtime Blues Guitar player Karl Dentino (also performed at the picnic this year). Say goodbye to 2017 as we await the wonderful times to come in 2018. No registration necessary, light refreshments will be provided.

## **Ongoing Programs**

**Active Aging Exercise Program** Thursdays, November 2 through December 28 (no class on November 23rd), 10:00am at the Hopewell Township Building Auditorium, 201 Washington Crossing Pennington Road, Titusville. Fee for the program is \$20, please bring a check to the first class made out to the HV Senior Foundation. We must have 15 participants registered to hold the class. Please call Randi, 537-0236 or email rknechel@hopewelltpw.org to register.

**Agng-In-Place** is the third Tuesday of the month from 3:00-4:30pm at the HV Senior Center. This is a group of people who are exploring ways to support each other as they age. No registration required.

**Artists' Choice** meets Tuesdays from 1-3pm at the HV Senior Center, This program is coordinated by Susan Ewart. For more information call 537-0236.

**Bingo** First Wednesday of the month, 10:30-11:30am at the HV Senior Center.

**Blood Pressure** Second 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.

**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 Randi at 537-0236.

**Lunch** Monday-Friday, 11:30am 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 HV Senior Center. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free.

**Men's Billiards Club** Thursdays, 1:00pm-3:00pm at Hopewell Valley YMCA, 62 S. Main Street, Pennington. Come socialize and enjoy refreshments while playing a game pool! Contact Randi to register 537-0236.

**Mondays with Mia** Meets the third Monday of the month 11:00am at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville.

**Newsletter Folding** Meets the third Monday of the month, 1:00pm at the HV 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 537-0236.

**Senior Advisory Board Meeting** is the third Wednesday of the month at 2:00pm at the HV Senior Center. 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 537-0236.

**Social Bridge** Mondays, 2:00-4:00pm at the at the HV Senior Center. All experience levels invited, come socialize while playing bridge!

*Programs subject to cancellation due to extreme weather. For more information, call (609)537-0236*

**Hopewell Valley Senior Center, 395 Reading Street, Pennington, NJ 08534, phone: (609) 737-3855**



2017

End of Year  
Celebration

**Thursday, December 28**

**10:00am-11:00am**

**Hopewell Valley Senior Center,  
395 Reading Street, Pennington**

**Celebrate with us as we say goodbye to  
2017 and await the wonderful times to  
come in 2018!**

**Light refreshments will be provided  
and music by Ragtime Blues Guitar  
player, Karl Dentino!**

**Save the Date:**  
**Heart Healthy Health Fair**  
**Thursday, February 1, 2018**



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

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