

Senior Spirit

Hopewell Valley Senior Services Newsletter

March 2020, Vol. 14, No. 3

Contents

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

This presentation is part of our Baby Boomer's Series....

Understanding Hip, Knee and Arthritis



Tuesday, March 24, 6:30pm
Pennington Public Library
30 North Main Street, Pennington

Join Dr. Arjun Saxena from Rothman Orthopedic Institute for a discussion of surgical and nonsurgical options that are available to help you maintain your active lifestyle.

*Light Refreshments will be provided.
Please RSVP to Leslie by 3/17, 609-737-3753*

Senior News

Daylight Savings...Change your Clocks, Check your Batteries!

Daylight Savings Time is a good time each year to replace the batteries in your detector and push the “**Test**” button to be sure it's working properly. Replace your detector every five years or according to manufacturer's instructions. **If you require help checking or changing your batteries or smoke detectors, please call: Hopewell Valley Emergency Services, 609-730-8156.**

AARP Tax Aide will be returning to the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Appointments will be held weekly on Tuesdays starting February 4th through April 14th. **Please call the library to schedule your appointment, 609-737-2610.**

Goodwill Donation Center Now OPEN! 15 State Highway 31, Pennington (Pennington Square Shopping Center, next to Harts Cyclery) Visit them Monday-Saturday, 8:00am—7:00pm and Sunday 10:00am-6:00pm. This location is a drop-off center only, receipts are available for tax purposes.

Women’s History Month Film Series at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. No registration necessary.

Saturday, March 7, 1:30 pm

Evita (1996): Madonna as popular Argentine first lady Eva Peron. PG, 134 minutes.

Saturday, March 14, 1:30 pm

Free Angela and All Political Prisoners (2012). Profiling political activist Angela Davis, who was accused and later acquitted of murder and kidnapping. Not Rated, 97 minutes.

Saturday, March 21, 1:30 pm

On the Basis of Sex (2018). Future Supreme Court Justice Ruth Bader Ginsburg launches her career fighting for gender equality by proving discrimination "on the basis of sex" is unconstitutional. PG-13, 120 minutes.

Saturday, March 28, 1:30 pm

The Prize Winner of Defiance, OH (2005). A 1950s housewife (Julianne Moore) enters jingle contests to support her family. PG-13, 99 minutes.

Upcoming Hopewell Township Recreation Trips:

Museum of Natural History...Wednesday, April 8

Winterthur...Thursday, April 30

“Guys and Dolls” at the Dutch Apple Theatre...Wednesday, May 6

West Side Story...Wednesday, June 3

Statue of Liberty Lunch Cruise...Thursday, May 28

Doolan’s “Happy Days Under the Rock and Roll Boardwalk”...Thursday, June 11

****LIMITED** amount of tickets for THE MUSIC MAN starring HUGH JACKMAN in 2021 AVAILABLE SOON!**

Special Events March 2020

Documentaries @ Your Library: *They Shall Not Grow Old (2018)*:(Rated R, 99 minutes) Monday, March 2, 1:30pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. *Summary:* On the centenary of the end of the First World War, Academy Award® winner Peter Jackson (The Lord of the Rings trilogy) presents an extraordinary new work showing the Great War as you've never seen it.

Senior Luncheon & Spring Play Preview Wednesday, March 4th, 12:30pm (luncheon) at Hopewell Valley Central High School Performing Arts Center, 259 Pennington Titusville Road, Pennington. RSVP for the luncheon was in February. If you would ONLY like to enjoy the play, the play preview will begin at 1:50pm in the Performing Arts Center, no reservation is required.

Brown Bag Lunch Friday, March 6, 12:30pm at Pennington Presbyterian Church , 13 S. Main Street, Pennington. Learn about the Many Forms of Dementia. Kevin Jameson, Founder of the Dementia Society of America, will be the guest speaker. Come to learn more about Dementia and about this nation-wide, all-volunteer organization that is dedicated to increasing awareness of the broad spectrum of conditions which fall under the umbrella of Dementia. Bring your own brown bag sandwich. A light dessert and beverages will be served. Mr. Jameson will speak from 1 to 2 and gladly answer your questions about Dementia and DSA. Please call the church to reserve a spot. 609-737-1221, X10.

First Friday Film --Judy (2019) Friday, March 6, 1:30 pm, at Mercer County Library, 245 Pennington Titusville Road, Pennington. *Judy* (2019) (Renée Zellweger, Finn Wittrock, Rufus Sewell) Rated PG-13, 118 minutes. *Summary:* Set in late 1968 and early 1969, Judy portrays Judy Garland hustling in Swinging London after successfully securing an engagement in Talk of the Town. Behind the scenes, her tumultuous life continues on, battling with her manager and her ex-husband.

Senior Book Group Monday, March 9, 2:00 pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. Please contact Diane Miller at dmiller@mcl.org or 737-2610 for this month's title. *No registration necessary.*

St. Patty's Luncheon Wednesday, March 11, 11:30am at Brandywine Living at Pennington, 143 W. Franklin Street, Pennington. Enjoy a St. Patty's lunch provided by Brandywine Living at Pennington while enjoying friends, music, and prizes! Registration is required, please call Brandywine 609-730-9922 or hmurray@brandycare.com.

The Short of It – Jamaica Kincaid Wednesday, March 11, 2:00 pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. The short story -- short in length, but full of content! Join our discussion group, which focuses on the short story. Each month we'll read and discuss three short stories by the same author. This month's author is Kate Chopin and her short stories, "Girl," "What Have I Been Doing Lately," and "My Mother." *No registration necessary.*

How to Sleep Like a Baby Thursday, March 19, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Dr. Swetha Voddi, fellowship trained sleep medicine specialist at Capital Health's Comprehensive Sleep Associates of NJ, will explore the various sleep disorders as well as ways to get your sleep pattern back on track.

Establishing Patient Goals in Geriatric Medicine: The POLST Form Monday, March 23, 11:00 am at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. The Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patient treatment wishes are properly communicated to their healthcare team, which promises to honor those wishes. Barbara Vaning, MHA, EMT Instructor, Princeton Health Community Wellness, will discuss the POLST form. *Registration requested.* By calling 609-737-2610.

Baby Boomer Series: Understanding Hip, Knee and Arthritis Tuesday, March 24, 6:30pm at Pennington Public Library, 30 N. Main Street, Pennington. Join Dr. Arjun Saxena from Rothman Orthopedic Institute for a discussion of surgical and nonsurgical options that are available to help you maintain your active lifestyle.

Energy Aggregation Information Session Thursday, March 26, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Hopewell Township and Pennington Borough are exploring Energy Aggregation as a way to save taxpayers money on their electric bills while increasing the use of renewable energy. Come learn about this program, its benefits and consumer protections, as well as how to opt-out if you are not interested.

Movies for Adults-Glass (2019) Wednesday, March 25, 1:30pm & 6:30pm, Mercer County Library, 245 Pennington Titusville Road, Pennington. *Glass* (2019): (Bruce Willis, James McAvoy, Samuel L. Jackson) Rated PG-13, 110 minutes. *Summary:* David Dunn hunts down the Beast, as Mr. Glass begins to put his own plans into action.

AARP Safe Driver Course Friday, April 3, 9:00am-3:00pm at Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed especially for drivers 50 and older. To register please call HV YMCA, 609-737-3048. There is a fee for the class, \$15 per person for AARP members and \$20 for non-members. Registration required by contacting YMCA. Bring check (made out to AARP or cash on the day of the class).

Ongoing Programs

Active Aging Exercise Class Thursdays, February 13-April 2, 10:30am, Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Come and enjoy the benefits of stretching and low-impact exercises.

Artists' Choice Tuesday's, 1:00pm-3:00pm, Hopewell Valley Senior Center, 395 Reading Street, Pennington. Bring your own supplies and come socialize with fellow artists.

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

Bingo First Wednesday of the month, 10:30-11:30am at Hopewell Valley Senior Center, 395 Reading Street, Pennington.

Blood Pressure 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.

Healthy Bones Every Monday and Wednesday at 10:30am 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 609-537-0236.

Knitting Club Second Friday of the month, 1:00pm-3:00pm at Hopewell Valley Senior Center, 395 Reading Street, Pennington. Bring your own supplies and your imagination and come create masterpieces while enjoying the company of friends!

Let's Chat Social Group Second Wednesday of the month, 1:00pm-3:00pm at Hopewell Valley Senior Center, 395 Reading Street, Pennington. Join this group created for spending a few hours with other local seniors socializing, playing games, doing hobbies, whatever, we are open to suggestions!

Lunch Monday-Friday, 11:30am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Call the Mercer County Nutrition Project at 609-989-6650 for information or the senior center from 9am-1pm at 609-737-3855 to register. Meals must be reserved three days in advance. Suggested \$1 donation.

Mahjongg Thursdays, 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free.

Newsletter Folding Meets the third Monday of the month, 12:30pm 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 609-537-0236.

Senior Advisory Board Meeting is the third Wednesday at 2:00pm at Hopewell Valley Senior Center, 395 Reading Street, Pennington. 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 609-537-0236.

Social Bridge Mondays and Tuesdays, 2:00pm-4:00pm at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. All experience levels invited, come socialize while playing bridge!

T'ai Chi Tuesdays, March 10– April 28 10:30am at St. James Church, 115 E. Delaware Ave, Pennington. Join instructor, Bev Tucker, to experience a relaxing class that introduces Tai Chi and Qigong for health, healing and personal growth. Note: participants may be seated for these classes. Registration is required, please call Leslie, 609-737-3753. Fee for the class is \$25, please bring a check to the first class made out to the Hopewell Valley Senior Foundation (HVSF). Parking available on Eglantine Ave and enter through gym entrance of the church for easier access.

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



St. Patty's Lunch
Wednesday, March 11
11:30 am

Brandywine Living at Pennington
143 W. Franklin Ave, Pennington

Enjoy a St. Patty's lunch provided by
Brandywine Living at Pennington while
enjoying friends, music, and prizes!

Registration is required, please call
Brandywine 609-730-9922 or
hmurray@brandycare.com



Useful Numbers for Older Adults in Hopewell Valley

Adult Protective Services-(609) 989-4320

Contact Reassurance (free daily calls)-(609) 737-2000

FISH Meals on Wheels-(609) 737-9123

Mercer County Consumer Affairs-(609) 989-6671

Mercer County Library-Hopewell- (609) 737-2610

Mercer County Nutrition Project/ HV Senior Center (Pennington)-(609)737-3855

Mercer County Office on Aging-(609) 989-6661

Mercer County Surrogate-(609) 989-6331

Program Registrations-Leslie (609) 737-3753

RideProvide of Greater Mercer County-(609) 452-5140

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

TRADE Transportation-(609) 530-1971

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

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