



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

**January 2017, Vol. 11, No. 1**

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### **New Year, New Coordinator!**

As the new year begins, so begins my career as the Hopewell Valley Senior Services Coordinator. I couldn't be more delighted working with all of you. Although I have been working in senior services for the past year, I have shared my time between the Hopewell Township Health Dept. and Senior Services. We are working on a replacement in the Health Dept. and hoping this will come in the very near future. We will be moving all of the programs back to the HV Senior Center starting this month, be sure to change the location on all your calendars!

Over the past year I have been inquiring about programs you would like to have started or brought back to Hopewell Valley. I am open to any suggestions and will do my best to research and get the programs started. The same goes for presenters, if there are any topics you are interested in learning more about whether it be health-related or socially-related, please let me know!

Please feel free to call and talk with me. I am out of the office frequently monitoring programs, but I promise to get back to you as quickly as I can. You can find my office in the lower level of the Hopewell Township Municipal Service Building in the Health Dept.

Warm Regards,  
Randi Knechel, Senior Services Coordinator  
609.537.0236 (direct)

### **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](mailto: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.**

**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](http://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 January 2017

### Chair Yoga

Fridays, January 6 & 27, 10:00 am, Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Gentle chair yoga for seniors. Registration requested, please call Mercer County Library to reserve your seat, 609-737-2610.

**Brown Bag Luncheon** January 6, 2017 at 1:00pm Certified Geriatric Care Manager Mary Kay Krokowski will be the speaker at our Brown Bag Luncheon sponsored by the Older Adult Ministry Committee of the Pennington Presbyterian Church (13 S. Main St.) .Her topic will be "Aging in Place", describing the local grassroots organization whose mission is to provide support for the older residents of Hopewell Valley. Bring your sandwich; beverages, fruit and light desserts will be provided. **Lunch is at 1:00 and the program is at 1:30 (PLEASE NOTE CHANGE FROM USUAL TIME!)**

For additional information call the church office: 737-1221.

**Book Club** Monday, January 9th, 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.

**Tech Time:** Tuesday, January 10th, 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 January 5th.** To register, contact 737-0605, ext. 636.

**How to Keep Safe from Germs** Wednesday, January 18th, 10:00am at the HV Senior Center, 395 Reading Street, Pennington. Join us at Maureen T. Adams, RN, CIC teaches about hand washing, antibiotics and c-diff.

**Senior Resource Fair** Thursday, January 26th 11:00am-1:00pm, Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Drop in anytime and enjoy a free lunch from Brandywine Senior Living as well as getting information from helpful resources in the area! No registration required. See flyer for more details. Snow date: 01/27/2016.

**Movie: Spotlight** Wednesday, January 25<sup>th</sup> at 1:30 and 6:15 Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. "Under the direction of new editor Marty Baron (Liev Schreiber), the Boston Globe's elite investigative team, known as Spotlight, is tasked with delving into decades' worth of child-abuse claims against the Catholic Church. Led by Walter "Robby" Robinson (Michael Keaton), the journalists begin to uncover a massive scandal involving sexual abuse and the willful ignorance perpetrated by the Church within the city of Boston. Facing political opposition and resistance from the far-reaching influence of the Church, the reporters put together an explosive exposé on a corrupt system." - rated R, 128 minutes.

**Relaxing Art Friday** Friday, January 27, 1:00 – 2:30 pm

Join this lovely group for some friendly chit chat and work on a nice, relaxing project. Color a beautiful picture, create a unique art journal, or bring a calming hobby of your own (knitting, perhaps?). You are welcome to bring a brown bag lunch or snack as well.

*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 1/3, 1/20, 1/17 and 1/31 from 1-3pm at the HV Senior Center. This program is coordinated by Susan Ewart. For more information call 737-0605, ext. 636.

**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, 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 (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, 11:30am 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.

**Mondays with Mia** will be held on **January 23rd** 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 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 (609)737-0605, ext. 636.

**Social Bridge** Mondays, 2:30-4:30pm 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)737-0605, ext. 692.*

Hopewell Valley Senior Services Presents:  
**Senior Resource Fair**



**THURSDAY, JANUARY 26, 2017**  
**STOP IN BETWEEN 11:00 am – 1:00 pm**

**HOPEWELL TOWNSHIP MUNICIPAL BUILDING**  
**201 Washington Crossing-Pennington Road, Titusville**

Featuring: Capital Health, Contact, FISH(Meals on Wheels), Hopewell Township Health Dept and Police, Hopewell Valley Emergency Services, Lions Club, Mercer County Division of Consumer Affairs, Mercer County Office on Aging, Mercer County Surrogate, Montgomery Health Dept, Perritt Labs, Schaffer Gymnastics, SHIP, Social Security, Transportation and Your Health Now.

**BRANDYWINE SENIOR LIVING AT PENNINGTON WILL PROVIDE A HEALTHY LUNCH FOR ATTENDEES!**

No registration required. For more information, contact Hopewell Valley Senior Services (609) 737-0605 x 636 or [rknechel@hopewelltwp.org](mailto:rknechel@hopewelltwp.org). In case of poor weather, the event will be held on January 27, 2017.



**Save the Date**



**Hearing Aids  
Wednesday, February 15th  
HV Senior Center**

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

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