

Senior Spirit

Hopewell Valley Senior Services Newsletter

June 2017, Vol. 11, No. 6

Contents

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

Elder Law: Planning for the Future *Presented by Medina Law Group*



Wednesday, June 21st at 10:00am
Hopewell Valley Senior Center
395 Reading Street, Pennington

Are you concerned with the rising cost of long-term care? Do you worry whether an assisted living facility or nursing home will force you to sell your home or lose your nest egg? Victor J. Medina, author and host of the *Make It Last* WCTC radio show, will discuss the legal planning strategies for estate planning and the protection of assets. All attendees will receive a free copy of his latest book, *Make It Last: How To Get, and Keep, Your Legal Ducks In a Row*.

Are you sure that you have all your legal ducks in a row?

Senior News

Senior Picnic Door Prize Volunteers It's almost that time of year again for the Hopewell Valley Senior Picnic! Once again we are looking for people to ask for and collect door prizes for the picnic. Please contact Randi Knechel, (609) 537.0236 or rknechel@hopewelltp.org, if you are interested in volunteering. You will be asked to distribute flyers for the businesses and receipts after/at the time the item is picked up. We have a list of past donors, however, new ideas are always welcome! Any door prizes that are collected may be dropped off at Hopewell Township Municipal Building to Randi in Senior Services located downstairs in the Health Department.

Men's Pool League We are working in collaboration with the Hopewell Valley YMCA in starting a pool league. We are looking at an afternoon during the week from 1:00pm to 3:00pm at the Hopewell Valley YMCA Building, 62 South Main Street, Pennington. This new group would require a group leader to work directly with Randi to make any necessary changes or improvements to the program and manage the overall group of participants. Please call Randi 537-0236 if you are interested in joining this group or becoming the group leader.

Vacation Randi will be away for vacation June 27th to July 11th, returning July 12th.

Hearing Aid Assistance Program Free refurbished hearing aids for eligible low-income seniors are available through a new, innovative initiative launched by the New Jersey Division of the Deaf and Hard of Hearing (DDHH), Montclair State University, and Sertoma/Hearing Charities of America. Eligibility will be limited to those individuals who are at least 65 years of age, are New Jersey residents, and have an income not exceeding 250% of the federal poverty level - \$26,575 if single; \$32,582 if married. The project involves collecting used hearing aids, reconditioning the devices and dispensing to eligible New Jersey residents. When the hearing devices are no longer needed by project participants, they would be returned to the project and made available for another consumer. Hearing Aid Assistant to Aged and Disabled at 1-800-792-9745

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
TRADE Transportation-(609)530-1971

Special Events for June 2017

First Friday Films: Loving Friday, June 2, 1:30pm at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. Interracial couple fights Virginia's miscegenation laws, and their case reaches the Supreme Court. PG-13, 123 minutes.

Book Club: Monday, June 12th, 2:00pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington, NJ 08534. All are welcome. This month's title to discuss is *The Wright Brothers*, by David G. McCullough. No registration necessary.

Walking Group: Wednesday, June 14th, 1:30pm. We will be walking in Washington Crossing State Park. Please meet in the Visitor's Center parking lot at 1:30pm, 355 Washington Crossing Pennington Road, Titusville.

Elder Law Wednesday, June 21st, 10:00am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. Are you concerned with the rising cost of long-term care? Do you worry whether an assisted living facility or nursing home will force you to sell your home or lose your nest egg? Victor J. Medina, author and host of the *Make It Last* WCTC radio show, will discuss the legal planning strategies for estate planning and the protection of assets. All attendees will receive a free copy of his latest book, *Make It Last: How To Get, and Keep, Your Legal Ducks In a Row*

Cream King Monday Benefitting Hopewell Valley Senior Foundation Monday, June 26th. A portion of all purchases and donations on this day will benefit the Hopewell Valley Senior Foundation. Be sure to check hours of operation! Hopewell Valley Senior Foundation supports programs run in Hopewell Valley!

55+ Breakfast Series: Osteoporosis 101 Tuesday, June 27th, 8:30 registration at Capital Health Hopewell, NJ Pure Conference Center, One Capital Way, Pennington. Join Dr. Deborah Siegel-Robels for a conversation about Osteoporosis: it's causes, prevention, and treatment. Also, Janice Pesco will discuss exercises you can do to improve bone health. Register by calling 609.394.4153 or register online at capitalhealth.org/events.

Transportation 101 Tuesday, June 27th, 6:30pm at Pennington Public Library, 30 N Main Street, Pennington. You know how to get around by car, but it's not the only way to travel around the area! Become a confident and independent traveler using transit! Learn how to plan trips, use the bus, train and light rail, pay fares, make transfers, local public transit, and other ride service options that are available in the Hopewell area. Presented by Greater Mercer TMA, your local transportation management association, committed to improving mobility and furthering sustainability in Mercer County.

Hopewell Valley Night at Arm & Hammer Park Tuesday, June 27th, 7:00pm at Trenton Thunder, 1 Thunder Road, Trenton, NJ. Sponsored by the Hopewell Valley Municipal Alliance. Trenton Thunder vs. Richmond Flying Squirrels (San Francisco Giants Minor League). Regular tickets are \$10/each, Senior tickets are \$8/each. To purchase tickets, please contact Heidi Kahme (609)537-0242, ticket orders must be submitted no later than June 12th. Tickets will be available for pick up after June 21st or at the will call window on June 27th.

Movies for Adults: Florence Foster Jenkins, Wednesday, June 28, 1:30pm and 6:30pm at Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. An heiress longs to become an opera star in 1940s New York, despite a horrible singing voice. With the help of her husband and a talented musician, she finds a strange kind of success as a performer and recording artist. PG-13, 110 minutes.

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 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 will be meeting on 6/6, 6/13 and 6/20 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 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 537-0236.

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 537-0238.

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 on break for the Summer, see you in the Fall!!

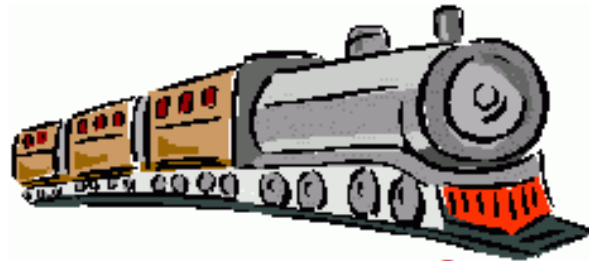
Senior Advisory Board Meeting is the third Wednesday of the month at 2:00pm at the HV Senior Center. The Senior Advisory Board seeks to enrich the quality of life for Hopewell Valley Seniors. The public is encouraged to attend. Refreshments served. For more information call 537-0236.

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)737-0605, ext. 636

Hopewell Valley Senior Center, 395 Reading Street, Pennington, NJ 08534

Travel Instruction 101



Tuesday, June 27th, 6:30pm
Pennington Public Library



You know how to get around by car, but it's not the only way to travel around the area!

Become a confident and independent traveler using transit!

Learn how to plan trips, use the bus, train and light rail, pay fares, make transfers, local public transit, and other ride service options that are available in the Hopewell area.

Presented by Greater Mercer TMA, your local transportation management association, committed to improving mobility and furthering sustainability in Mercer County.

Registration required. Please call Randi, (609) 537-0236 or rknechel@hopewelltpw.org to register, by June 23rd.

Save the Date



**HOPE
LOVES
COMPANY**

July 26th, HV Senior Center

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

**PRSR STD
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