



Stay Tuned for AARP

Tax-Aide in 2008



Appointments will be available in February, March, and April for free assistance with filing your income taxes. Check for details in the next newsletter.

Visit us online at www.hopewelltp.org, click on "Senior Citizen News."

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

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Senior Spirit

Hopewell Valley Senior Services Newsletter

January 2008, Vol. 2, No. 1

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One Year of Spirit

It's been a whole year since the first *Senior Spirit* was mailed out. I am grateful to everyone who helped me with it. Your suggestions for programs and community resources to include have shaped the newsletter into what it is today. Of course, I would especially like to thank all of you who have volunteered your time with helping fold the newsletter or with other senior services activities.

And what a spirited year it has been! The Senior Advisory Board has made great strides on their goal of developing a new senior center building. Bristol Myers-Squibb gave us funding to pilot a transportation program for older adults. A mahjonn groups was formed. Intergenerational programs were a success. The list goes on.

I anticipate that 2008 will be an exciting year as well. My goals as Senior Services Coordinator include:

- 1) Support the Senior Advisory Board in their planning efforts
- 2) Continue to work on viable and effective transportation for non-drivers
- 3) Connect recent (and not so recent) retirees with meaningful opportunities as they begin the next chapter in their lives.

Happy New Year!

Abigail Waugh

Hopewell Valley Senior Services Coordinator

Ongoing Programs

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center, 395 Reading Ave. in Pennington, third Wednesday from 9-10:30am at HT municipal building 201 Wash. Crossing-Pennington Rd. in Titusville, and fourth Tuesday from 10-11am at Mercer County Library, 245 Pennington-Titusville Rd. For more information call (609)737-0120.

Bridge Every Tuesday at 1pm at St. Matthews Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call (609)737-3753.

Folding Third Friday of the month, 1pm at the HV Senior Center, 395 Reading Ave. in 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. 692.

Healthy Bones Every Monday at 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10am at St. Matthew's Church, 300 South Main St. in Pennington. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call (609)737-0120.

Hopewell Valley Leisure Club-First Tuesday of every month, 11am at St. Alphonsus Church, 54 East Prospect St. in Hopewell Borough. Social club, including activities and speakers for Valley seniors. For more information, please call (609)466-0761.

Hopewell Valley Veterans' Association-Last Monday of every month, 5pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd in Titusville. A meeting of area veterans and community members to establish and promote cooperation and understanding among veterans and community members. For more information, email information@hopewellvalleyveterans.org.

Knitting at Bear Tavern-First and third Wednesday of every month, except school holidays, 7:30-8:30am at Bear Tavern Elementary School. Help students learn how to knit. Students will create baby caps for local newborns. **Registration required.** For more information call (609)737-0605, ext. 692.

Lunch Monday-Friday, 11:45am at the Hopewell Valley Senior Center, 395 Reading Ave. in Pennington. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals that are served in centers that unite people for activities and social contact. Transportation available through TRADE. Call the Mercer County Nutrition Project at (609)989-6650 for information. Meals must be reserved three days in advance. Suggested donation. Come earlier to play cards!

Mahjongg Thursdays, 2:30-4:30pm at the HV Senior Center. Monthly Mahjongg. Beginners welcome to attend and shadow experienced players. Free. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

Senior Advisory Board Meeting-Third Wednesday of the month at 2pm, at the Hopewell Valley Senior Center, 395 Reading Ave. in Pennington. The Senior Advisory Board seeks to enrich the quality of life for Hopewell Valley Seniors by promoting activities and services that enhance their dignity and independence and encourage community involvement. Open to the public. Refreshments served. For more information call (609)737-0605, ext. 692.

Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.

Special Events for January 2008

There's Help Out There: Staying At Home Friday, January 4, 12:30pm at Pennington Presbyterian Church in Pennington. Consultant Mary Kay Krokowski will discuss options for aging in place. Please bring your own lunch. Beverages and desserts are provided. Free and open to the public.

Free Rabies Clinic for Pets Saturday, January 5, 10am-Noon at the Hopewell Township Public Work Facilities, 203 Washington Crossing-Pennington Road in Titusville. For more information, contact 737-0120, ext. 678.

Money Management Made Easy: Tips from an Expert Thursday, January 10, 10:30am-11:30am at the HV Senior Center, 395 Reading Ave. in Pennington. Jewish Family and Children's Services is sponsoring this event. Donna Hopkins will discuss banking and financial issues as they relate to older adults. **Pre-registration required.** Call Linda Meyer at (609)987-8100 to RSVP by 1/7.

Enjoyment Friday, January 11, 10:30-11:30am at the HV Senior Center. Join Greater Trenton Behavioral Health Care's Abbie Katz for her final *Spice of Life* Workshop and celebration. Laugh, love, and live for well-being at any age! Refreshments provided. *This event was postponed from December.* Free and no registration required.

Atlantic City Bally's Casino Tuesday, January 15, 8:30am-6pm. Join Hopewell Valley Parks and Recreation Department for a trip to Bally's in Atlantic City. \$20. **Pre-registration required.** For more information call (609)737-3753.

Community Options in New Jersey Wednesday, January 16, 10:30-11:30am at the HV Senior Center. Martha Nielsen and Diane McGeehan from the Mercer County Office on Aging will talk about programs to help you stay in your home, even when you need additional help. Learn more about various programs and eligibility requirements for yourself or a loved one. No registration required.

Perspectives: Lawrence Hopewell Trail Update Thursday, January 17, 1-2:30pm. The Perspectives Discussion Group has invited special guest, Becky Taylor to give an update on the Lawrence Hopewell Trail. Find out more about the trails, including accessibility issues. **Pre-registration required (low registration will cancel).** Call (609)737-0605, ext. 692.

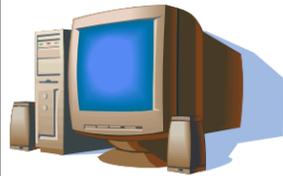
Genealogy: Get Ready, Get Set, Get Going Thursday, January 24, 1-2pm at the HV Senior Center. Carol Sheaffer and Nancy Nelson from the Central Jersey Genealogical Club will talk about their experience in the field and give you tips for getting involved in genealogy yourself. *This event was postponed from December.* Free. No registration required. For more information call (609)737-0605, ext. 692.

AARP Driver Safety Program Mondays, January 28 and February 4, from 1-5pm at the HV Senior Center. This refresher course designed especially for drivers 50 and older. Participants learn defensive techniques, new traffic laws, and rules of the road. Through interacting with one another, they find out how to safely adjust their driving to compensate for age-related changes in vision, hearing, and reaction time. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance premiums in NJ. Participants must attend both days to complete course, AARP or YMCA membership is **not** required. \$10/person. **Registration required.** Contact the HV YMCA at (609) 737-3048.

Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.

Senior News

AARP Tax-aid Volunteers Needed-AARP Tax-aid will be back in Hopewell Valley in early 2008! Volunteers will receive training through the AARP and will help local residents file income taxes. If you are interested in volunteering in 2008, please call Carol Ober 252-1167 for details.



Computer Classes-Free beginner computer classes are available to seniors through CP of NJ's Senior Sense Program. The free ten-hour training is geared toward introducing new users to computers in order to keep them connected and active in the community. Call (609)737-0605, ext. 692 for times and availability.

Encore Binders-Are you looking for work? Have you always wanted to try something new now that your retired? Looking for a little extra cash? An interesting volunteer position? More and more retirees are looking for an "encore career," either for income or to stay active. Hopewell Valley Senior Services is starting up a binder full of paid jobs and unpaid volunteer positions for older adults. The binder will be available starting in January in the senior services coordinator's office in the Hopewell Township Building. For more information, please contact Senior Services at (609)737-0605, ext. 692.

Lifeline Utility Assistance Program-NJ Residents, 65 and older who have an annual income of less than \$22,572 if single or less than \$27,676 if married may be eligible for help with their utilities. For more information, call toll free **1-800-792-9745**.

Looking for Help with Odd Jobs?-If you are interested in hiring a high school student for jobs around your home and yard, you may post an advertisement by calling Senior Services at 737-0605, ext. 692. Your ad will be posted on a bulletin board in the high school and interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled and postings will be removed after two months.

On the Move- Please note that the Senior Advisory Board and the Mahjongg Group will be holding their meeting at the Hopewell Valley Senior Center, 395 Reading Ave. in Pennington starting in January 2008.



Volunteers Wanted -The Stony Brook-Millstone Watershed Association is looking for volunteers to serve as receptionists, office help and Nature Shop attendants. Flexible hours to fit your schedule. If you have a passion for nature and the environment, this may be the place for you! Please contact Rich at 737-3735 ext. 23 for more info.

Around the Valley

Hopewell Valley Rides Senior Transportation Fact Sheet

3 Step Process

Step 1: Register as a Rider, One time only

- Register as a rider by contacting Hopewell Valley Senior Services at **(609)737-0605, ext. 692**.
- You must be a resident of Hopewell Borough, Hopewell Township, or Pennington Borough.
- You must be at least 65 years old or have a visual impairment which makes you no longer able to drive.
- Caregivers must also be registered if they will be traveling with you.

Step 2: Purchase Vouchers, As Needed

- Purchase ride vouchers by contacting Hopewell Valley Senior Services at **(609)737-0605, ext. 692**.
- Ride vouchers are \$2 for 1 one-way trip.
- Vouchers must be purchased ahead of time in packs of 10 for \$20.
- They are available for purchase by mail and at some senior events and activities.
- Registered Caregivers will ride for free with participant.

Step 3: Request a Ride, As Needed

- To request a ride, call Stout's directly at **(609)883-8891, ext. 19** between 8:30am-12:30 pm weekdays.
- Rides should be requested 48 hours in advance to ensure availability.
- Rides are available from 8am to 5pm, Monday through Friday.
- Currently rides are **only** available within Hopewell Borough, Hopewell Township, and Pennington Borough.
- Cancel a ride as soon as you are aware that you will no longer need it.

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.	1 New Year's Day No Programs	2 11-Healthy Bones (HTB) 11:45-Lunch	3 11:45-Lunch 2:30-Mahjongg	4 11:45-Lunch 12:30-Staying At Home (PPC)	5 10-Rabies Clinic- HT Public Works
6	7 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	8 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)	9 11-Healthy Bones (HTB) 11:45-Lunch	10 10:30-Money Management 11:45-Lunch 2:30-Mahjongg	11 10:30-Enjoyment 11:45-Lunch	12
13	14 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	15 8:30-Atlantic City 11:45-Lunch 1-Bridge (SMC)	16 7:30-Knitting (BT) 9-BP(HTB) 10:30-Community Options 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	17 11:45-Lunch 1-Perspectives 2:30-Mahjongg	18 11:45-Lunch 1-Newsletter folding	19
20	21 Martin Luther King Day No Programs	22 10-BP(MCL) 11:45-Lunch 1-Bridge (SMC)	23 11-Healthy Bones (HTB) 11:45-Lunch	24 11:45-Lunch 1-Genealogy 2:30-Mahjongg	25 11:45-Lunch	26
27	28 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-AARP Driver Safety 5-Veterans (HTB)	29 11:45-Lunch 1-Bridge (SMC)	30 11-Healthy Bones (HTB) 11:45-Lunch	31 11:45-Lunch 2:30-Mahjongg	Location Guide BT-Bear Tavern HTB-Hopewell Township Building MCL-Mercer County Library, Hopewell Branch PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church	<i>For directions please call (609)737-0605 ext. 692.</i>