



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

January 2015, Vol. 9, No. 1

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## **Dust Off Those Antiques!**

Hopewell Valley is known for its history. From Washington Crossing the Delaware to the Lindbergh Trial, we are blessed with a rich historical tradition along with many knowledgeable local historians. If you are a history or antique buff, you are in for a treat this month!

We are fortunate to have an appraiser coming to Hopewell Borough to look at 40 different antiques. Bring a prized item from home to learn more about it and its value. When we did this many years back, it was quite interesting to see the variety of items people brought in.

So find your special antique from around here or around the world and come out on January 26th. Space is limited so registration is a must. Details inside.

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*Hopewell Valley Senior Services Coordinator*

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*[http://www.hopewelltp.org/senior\\_news.html](http://www.hopewelltp.org/senior_news.html)*

## Senior News

**Email Updates** are available if you would like to stay in the loop about with upcoming senior services activities. Get one to two emails a week with last minute programs, weather cancellations, and reminders about upcoming programs. Email [emeletti@hopewelltp.org](mailto:emeletti@hopewelltp.org) to get email updates.

**Free Rabies Clinics For Pets** on January 10 from 10 am to noon at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd. in Titusville. No residency restrictions.

No registration required.

**Green Tip: New Jersey Home Performance with Energy Star Program** The New Jersey Home Performance with Energy Star Program offers financial incentives on energy efficient improvement packages. New Jersey homeowners now have until June 30, 2015 to receive up to \$5,000 in financial incentives. You may also qualify for 0% interest financing (up to \$10,000) to help pay for energy-efficient upgrades. The first step is to schedule an assessment (home energy audit) with a participating contractor. After the assessment, you will receive a report listing recommended measures, along with financial incentives available to pay for the work. Find out more at: [NJcleanenergy.com](http://NJcleanenergy.com).

**Low Income Home Energy Assistance (LIHEAP) Program** is now accepting applications for the upcoming heating season. This federal program is administered by the New Jersey Department of Community Affairs to provide low-income households with money to help pay their heating bills. To be eligible a resident must have a monthly income of less than \$1945 or \$2621 for a couple. For more info, call 1-800-510-3102 or go to [www.energyassistance.nj.gov](http://www.energyassistance.nj.gov)

**Mercer County Surrogate** is available on the third Friday of the month (except April) 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.**

**Winter Symphonic Band Concert** on Wednesday, January 14 at 7pm at the Performing Arts Center at Central High School. The theme will be a "Night at the Movies" as the Symphonic Band explores works by John Williams, Hans Zimmer and more. The HVCHS jazz ensemble will also be featured.

## Special Events for January 2015

**Introduction to Picasa** Thursdays, January 8, 15, and 22 from 3:45 to 4:45pm at the HV Senior Center, 395 Reading St. in Pennington. Learn how to view and organize your pictures this year with the Picasa program PC's will be provided and the course will take place in a small group setting. These sessions are co-sponsored by the HV Senior Foundation. The cost is \$15 for the three sessions. Registration required by contacting HV Senior Services at 737-0605, ext. 692.

**Brown Bag Luncheon: Musical Presentation** Friday, January 9, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Donald and Sarah Dolan of the Pennington School will present a musical program Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register by calling 737-1221, ext. 10.**

**Let's Chat** Friday, January 9, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

**Book Club** Monday, January 12, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Olive Kitteridge by Elizabeth Strout. This is a Pulitzer Prize winning novel about a coastal town in Maine. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting HV Senior Services at 737-0605, ext. 692. or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).

**Tech Time** Tuesday, January 13, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by January 9.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

**Aging-In-Place: Transportation Part II** Tuesday, January 20, 3:15-4:45pm at the HV Senior Center. Mike Levin of Levin Limousine will help the group brainstorm more transportation options. No registration required.

**Hopewell Valley Caregiver's Night: Medicaid Planning** Tuesday, January 20, 6-7:30pm at the HV Senior Center. Victor Medina, a NJ Medicaid Attorney will talk about ways to apply and qualify for assistance from Medicaid to pay for long-term care and protect against the high cost of nursing home care. Light dinner and beverages will be served. Refreshments sponsored by Medical Home Pharmacy. **Registration requested by calling Senior Services at (609)737-0605, ext. 692 or emailing [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).**

**Memory and Aging** Wednesday, January 21, 10:30-11:30am at the HV Senior Center. *Dr. Tamra Bireta, TCNJ Memory and Aging Lab* will discuss how aging affects memory. No registration required.

**No Movie at Mercer County Library This Month** There will be no movie this month to prepare for the library's annual book sale.

**Antiques: The Market Place Today** Monday, January 26, 10-11am at the Hopewell Borough Hall, 88 E. Broad St. in Hopewell. Enjoy a fun and educational morning with your neighbors. Bring an antique from home to learn more about it with a knowledgeable antiques professional from Victorian Vanities. This event is sponsored by the Hopewell Valley Senior Foundation. **Pre-registration required by calling Senior Services at (609)737-0605, ext. 692 or emailing [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).**

**Using An E-Book** Monday, January 26, 7pm and Thursday, January 29 at 3pm at the Pennington Public Library. Did you know that the library offers over 8,000 e-book titles and over 5,000 e-audiobook titles to borrow? Come learn how to use your Kindle, iPad or iPhone to access these titles. One-on-one sessions for those who need help with your other devices TBA. **Registration: [kha@penningtonlibrary.org](mailto:kha@penningtonlibrary.org)**

**Sands Casino, Bethlehem, PA** Tuesday, January 27, 8:30am to 6pm. Meet at Independence Park, 20 Stephenson Rd. Program fee \$31/person ( Hopewell Twp. Resident \$28). Call the Recreation Dept. at 737-3753 to register.

**Walking Group Planning Meeting** Tuesday, January 27, 1pm at HV Senior Center. Where would you like to walk in 2015? How many miles? Historical walks? Nature walks? Attend this meeting to help plan walks this year. No registration required.

**What is Geriatric Care Management** Wednesday, January 28, 10:30-11:30am at the HV Senior Center. Annette Murphy of Senior Care Management will talk about what a care manager is, what Medicare does and does not cover in home health care, how to hire home care, and more. No registration required.

**The Healthy Brain Event** Thursday, January 29, 11am to 1pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Learn how ways to keep your brain healthy. Drop in any time. Free lunch by Brandywine Senior Living at Pennington. No registration required.

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

## Ongoing Programs

**Artists' Choice** will be meeting January 6, 13, and 20 from 1-3pm at the Hopewell Valley Senior Center. This group is facilitated by local artist, Susan Ewart. Bring your own project and supplies. For more information call 737-0605, ext. 692 or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).

**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, 1pm at the HV Senior Center, 395 Reading St. 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. *Folding will be on the fourth Monday this month due to the MLK holiday.*

**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 11am 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, 11:45am 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. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

**Senior Advisory Board Meeting** is the third Wednesday of the month at 2pm at the Hopewell Valley Senior Center, 395 Reading St. in 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)737-0605, ext. 692.

**Social Bridge** Mondays, 2:30-4:30pm at the HV Senior Center. **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).**

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

*Around the Valley*

HOPEWELL VALLEY SENIOR SERVICES PRESENTS:

# **THE HEALTHY BRAIN EVENT**



**THURSDAY, JANUARY 29, 2015  
DROP IN ANY TIME BETWEEN 11:00 AM — 1:00 PM  
HOPEWELL TOWNSHIP MUNICIPAL BUILDING  
201 Washington Crossing-Pennington Road, Titusville**

**FEATURING:** The Alzheimer's Association-Greater New Jersey Chapter, Capital Health, Hopewell Township Health Department, Hopewell Valley Municipal Alliance, Montgomery Health Department, Princeton House Behavioral Health and much more!

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

No registration required. For more information, contact Hopewell Valley Senior Services at (609)737-0605, ext. 692 or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org). In case of poor weather, event will take place on 1/30/15.

**Save the Date**

February 2015

**AARP Tax-Aide at the HV Senior Center**

*Details in the February Senior Spirit*

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

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