



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

February 2015, Vol. 9, No. 2

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## **Single Seniors**

February is a month that celebrates romantic love and couples. However, the reality for many older adults is that they are single. Many have become widowed, divorced, or perhaps were never married. In a world of couples, single people can feel a sense of freedom, isolation, or both. Many younger people assume that older adults who are single aren't interested in going on dates or finding a romantic partner. Guess what? Many older singles would like to find someone special. Others would like to find more platonic single buddies to do activities with.

This month, for the first time, we are going to offer an event just for singles. It will be a laid back way to meet new people and have some fun. This event will take place at the Hopewell Branch of the Mercer County Library at 3pm on Friday, February 20. There will be healthy food, Frank Sinatra Music (to celebrate 100 years since his birth), and an easy ice-breaker. More details inside. Make a new friend in 2015!

*Abigail Meletti*

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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 [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org) to get email updates.

**Looking for the Winter Birthday Breakfast?** The Birthday Breakfasts have been consolidated to twice a year. People with a birthday between January and June are invited to the April Breakfast and those with birthdays between July and December will be invited to a breakfast in October. The April Senior Spirit will have more details.

**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)

**Hopewell Helps Homefront** by collecting individual servings of healthy snacks for HomeFront's afterschool program. Donations of fruit cups, juice boxes, lunch bags, napkins, spoons, goldfish, and crackers are all welcome. There will be a collection box at the Hopewell Valley Senior Center for the month of February. For more information about HomeFront and it's mission, go to: <http://www.homefrontnj.org/>

**Hopewell Township Mayor's Hours** will be held between 10am to noon on Mondays and Thursday s at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd in Titusville. No appointment necessary. All Hopewell Township residents are invited to come speak directly with the mayor, Harvey Lester.

**Increase in Income Limits for Several State Programs** Beginning January 1, 2015, participants in the Pharmaceutical Assistance to the Aged and Disabled (PAAD), Senior Gold, Lifeline energy assistance, and the Hearing Aid Assistance to the Aged and Disabled (HAAAD) programs will benefit from increased income limits. To participate in PAAD in 2014, single people must have incomes below \$26,130 and married couples must have incomes below \$32,037. These income guidelines also apply to the Lifeline and HAAAD programs. To participate in Senior Gold in 2014, single persons must have incomes between \$26,130 and \$36,130, and married couples must have a combined income between \$32,037 and 42,037. To be eligible for PAAD, Senior Gold, Lifeline or HAAAD, an applicant must be a permanent resident of New Jersey; be either 65 years of age or older, **or** at least 18 years of age and receiving Social Security disability benefits; and have income within the program limits. For information or to obtain an application, call 1-800-792-9745 or visit the Department of Human Services website at <http://www.state.nj.us/humanservices/doas/home/paaddetail.html>

## Special Events for February 2015

**Brown Bag Luncheon: Local Revolutionary War History** Friday, February 6, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Local author and historian, Larry Kidder will discuss his book *A People Harassed and Exhausted: The Story of a New Jersey Militia Regiment in the American Revolution*. 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** is cancelled for this month.

**Book Club** Monday, February 9, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Gifts from the Sea by Anne Morrow Lindberg. Lindberg's essay was first published in 1955 and contains her reflections on life while written on a vacation on Florida's Captiva Island. 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, February 10, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by February 5.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

**One-on-One Help: eBooks, Audiobooks, Hoopla** Thursday, February 12, 9:30am to 11:30am or Thursday, February 19, 9:30am to 11:30am (choose one date) at the Hopewell Branch of the Mercer County Library. Need help figuring out how to download library eBooks to your iPad, NOOK, Kindle, or the whichever device you own? Register for a 30-minute session to meet with a librarian for some one-on-one guidance. Remember to bring your library card, as well as your account username's (e.g., Apple ID, Amazon, etc.) and its corresponding password that is associated with your device. **Call (609)737-2610 to register.**

**Aging-In-Place: Home Safety** Tuesday, February 17, 3:15-4:45pm at the HV Senior Center. Representatives from the Hopewell Township and Pennington Borough Police Departments will discuss safety for yourself and your home with the Hopewell Valley Aging In Place Group. No registration required.

**Hearing Health: Why It's Important for You and Those Around You** Wednesday, February 18, 10:30-11:30am at the HV Senior Center. Jim Kennedy, owner of Hearing Aids by Zounds will discuss the importance of hearing health. No registration required.

**Exploring the Web** Thursdays, February 19, 26, and March 5 from 3:45 to 4:45pm at the HV Senior Center, 395 Reading St. in Pennington. Learn how to navigate the worldwide web with ease. 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 or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org)

**Jukebox Heroes Lives at Hunterdon Hills Playhouse** Wednesday, February 25, 10:30am to 4:30pm. Meet at Independence Park, 20 Stephenson Rd. Program fee \$87/person (Hopewell Twp. Resident \$76), which includes show, luncheon, dessert buffet, and transportation. This show features the Mahoney Brothers who are world class musical impersonators. They will be singing the songs of Elvis, the Beatles, Buddy Holly, and more. Call the Recreation Dept. at 737-3753 to register.

**What You Need To Know About the Funeral Planning Process** Wednesday, February 25, 10:30-11:30am at the HV Senior Center. This presentation will discuss steps you need to take when planning a funeral. Presented by Hopewell Memorial Home. No registration required.

**AARP Tax-Aide** Wednesday, February 25, 1:30-4:30-pm, and Wednesday, April 2, 1:30-3:30pm at the Hopewell Valley Senior Center. Free tax preparation by trained AARP volunteers. **Pre-registration required by calling (609)737-0605, ext. 692 or emailing [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).**

**Movie: Jersey Boys** Wednesday, February 25, 1:30pm and 6:30pm at the Hopewell Branch of the Mercer County Library. 2014 musical drama based on the musical of the same name. Rate R. Directed by Clint Eastwood. Free.

**Free Senior Preview: Guys and Dolls** Wednesday, February, February 25, 2pm at the Central High School Performing Arts Center. Enjoy a free senior citizen preview of this popular musical by Frank Loesser. 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 February 3, 10, and 17 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. **Blood glucose screening is available this month. Please arrive fasting or 2 hours post meal for accurate results.**

**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. *This month the newsletter folding will be on the fourth Monday of the month.*

**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. *No Healthy Bones at the Hopewell Township Building on 2/16.*

**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. *No Mahjongg on Lincoln's Birthday, February 12.*

**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).** *No bridge on 2/16 due to the President's Day Holiday.*

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

## *Around the Valley*

Hopewell Valley Senior Services and the Mercer County Library, Hopewell Branch Present:



# SINGLE SINATRA SOCIAL

Spend an afternoon socializing and meeting other single people this  
February.

**Friday, February 20 at 3pm**  
*Hopewell Branch of the Mercer County Library*  
*245 Pennington-Titusville Rd. in Pennington*

This event will include healthy food, Sinatra music (to celebrate the 100th anniversary of his birth), and an easy icebreaker. Come out to meet some new people!  
**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).



**Save the Date**

*Philadelphia Flower Show  
Thursday, March 5*

**Call the Hopewell Township Recreation Department  
At 737-3753 for details**

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

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