



Save the Date



Trip to Longwood Gardens
Tuesday, December 15

**Call Hopewell Township Recreation Department
at 737-3753 to sign-up.**

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

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



Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2009, Vol. 3, No. 11

Contents

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

Making Sense of Medicare Prescription Drug Plans

From November 15 through the end of December, people with Medicare can add, drop, or change their prescription drug coverage. Each year the cost and coverage for prescription drug plans changes. Also, your prescription needs may have changed during the year. It's worth examining your needs and making sure you have the right plan for you on an annual basis.

If you need help with this process, the State Health Insurance Program (SHIP) has trained volunteers to assist you. There is more information about them on page 2. Also, if you're good on a computer (or know someone who is) you can find out more about various plans on www.Medicare.gov.

Keep in mind, too, that you may be eligible for discount drug programs like Senior Gold or PAAD if you're income is below \$34,432 for an individual or \$39,956 for a couple. Get in touch with me if you would like and application for one of these programs.

*Abigail Waugh
Hopewell Valley Senior Services Coordinator
(609)737-0605, ext. 692
awaugh@hopewelltp.org*

Senior News

Bear Tavern Volunteers-Volunteers are needed at Bear Tavern Elementary School during the 2009-2010 school year for both office help and knitting. For more information, call Senior Services at 737-0605, ext. 692.

Book Lovers' Luncheon-The Hopewell Valley Education Foundation is hosting a Booklovers' Luncheon on Sunday 11/22, 12pm-3pm at the Greenacres Country Club. This year the luncheon will feature speaker Hillary Jordan, author of the novel Mudbound about racial tension in the post World War II South. The proceeds of this fundraiser will support the author in residence program in the Hopewell Valley public schools. The registration form can be found at http://hvef.org/Booklovers_2009_Registration.pdf, or call Carol Jackson at 609-737-0821.

Heating Assistance If your income is below \$2,031 per month for an individual or \$2,732 for a couple, you may be eligible for heating assistance. Call 1-800-510-3102 for more information and ask about USF and LIHEAP.

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

Operation Medicine Cabinet-Saturday, November 14th is the day to get rid of your unused and expired medicine. Between 10am and 2pm, bring expired or unused medicine for safe disposal at the Hopewell Township Branch of the Mercer County Library, 245 Pennington-Titusville Rd. For more information, call Hopewell Township Police at 737-3100.



Medicare's Annual Election Period is November 15 through December 31. During this time, Medicare participants can change the way they get their benefits, and they can change, add or drop a Medicare Prescription Drug Plan. SHIP counselors offer free assistance to NJ residents who need help learning about their Medicare options. In Mercer County, SHIP is coordinated through the Family Guidance Center at 924-2098, ext. 14.

Remarkable Aces is a group of local families who are looking to volunteer with local senior citizens. If you have an on-going or one-time job you would like to post with them, contact Senior Services at 737-0605, ext. 692.

Vote by Mail Law allows all voters in New Jersey to permanently register to vote-by-mail. Registered voters in Mercer County can obtain an application by calling 989-6494.

Around the Valley

VETERANS DAY CEREMONY



Hopewell Valley Veterans Association

Saturday, November 7, 2009

11AM (rain or shine)

Washington Crossing-Pennington Rd.

(Alliger Tract, adjacent to Township Public Works Bldg)

Guest Speaker BG James Grant

New Engraved Bricks Unveiled

Refreshments

Please Bring Lawn Chairs

Uniform Appropriate

Ongoing Programs

Artists' Choice will meet Tuesdays, November 10 and 24, 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Bring your own project. Group project may also be available. For more information call 737-0605, ext. 692.

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center, 395 Reading St. in Pennington, second Tuesday from 11-noon at the Pennington Quality Market, 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 info., call (609)737-0120.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call (609)737-3753.

Folding Meets the third Friday 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.

Healthy Bones Every Monday at 10am at St. Matthew's Church, 300 South Main St. in Pennington. Every Monday at 11am 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.

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 Meets quarterly 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 and General Volunteering at Bear Tavern-For more information call (609)737-0605, ext. 692.

Lunch Monday-Friday, 11:45am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals. 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.

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 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 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 November 2009

Outdoor Activities Meeting Monday, November 2, 1-2pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Are you interested in meeting other 55+ folks who like to hike, bike, backpack or cross-country ski? If so, please come to a brainstorming session to discuss the possibilities of getting together in the future for excursions or trips. No registration required.

Hopewell Valley Seniors Connect: Great Art on the Web Wednesday, November 4, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Joel May will lead this program on accessing the great collections of art on the web. No registration required. For more information, call 737-2610.

Bingo Wednesday, November 4 10:30-11:30am at the Hopewell Valley Senior Center. Please stop by for an informal game of bingo at the senior center. No registration required.

Hopewell Valley Emergency Services Friday, November 6, 10:30-11:30am at the Hopewell Valley Senior Center. Learn about fire safety and emergency preparedness. Free. No registration required.

Brown Bag Lunch: Personal Safety for Seniors Friday, November 6, 12:30pm lunch, 1pm program at the Pennington Pres. Church. The Mercer County Sheriff's Office will demonstrate how to use a personal safety alarm, and will distribute free alarms to attendees. Bring your sandwich. Beverages and desserts provided. Free. Open to the public.

Surprise Game Show & Brown Bag Session: Fun with the Pharmacist Tuesday, November 10, 10-11am at the Hopewell Township Municipal Building Auditorium. Get answers to your questions about over-the-counter and prescription medications. Bring a list of your medications. Cynthia De Piano, Clinical Pharmacist with University Medical Center at Princeton will present. **Pre-registration required by calling 737-0605, ext. 692.**

Let's Chat Friday, November 13, 1-2:30pm. Join the Let's Chat group with Vivian Greenberg, LCSW for a lively discussion. Refreshments provided. No registration required.

Checkers, Chess, and Scrabble Monday, November 16, 10:30-11:30am at Hopewell Valley Senior Center. Enjoy an afternoon of checkers, chess, and scrabble. All levels welcome. No partner necessary. Bring your own board if you have one. **Pre-registration required by calling Senior Services at 737-0605, ext. 692.**

Prostate and Robotics Tuesday, November 17, 10:30-11:30am at the Hopewell Township Municipal Building Auditorium. Capital Health System's Dr. Michael Cohen will prostate healthy and the advance treatment options. **Pre-registration required by calling Capital Health at 394-4153.**

Timberlane Lunch Wednesday, November 18, 12:40-1:40pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and the Bank of Princeton. Free. **Pre-registration required, but not before Nov. 1. Call 737-0605, ext. 692.**

Birthday Breakfast Friday, November 20, 9am at the Hopewell Valley Golf Club. Is your birthday in October, November, or December? If so, you are invited to celebrate with a free breakfast. Guests are welcome, but there is a fee of \$12 per guest. **Pre-registration required by calling 737-0605, ext. 692.**

Coffee Connections: Your Mind Alive Through Dolls and Toys Monday, November 23, 10-11:30am at the Hopewell Train Station. Coffee will be served from 10 to 10:30am. At 10:30am Virginia Aris, of the Princeton Doll and Toy Museum will speak. Free. Open to the public.

Movie: Angels and Demons Wednesday, November 25, 1:30pm at the Hopewell Branch of the MCL. Free. No registration required. For more information, call 737-2610.

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

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Outdoor Meeting	3 <i>Election Day</i> (Senior Center Closed) 11-Leisure Club (SAC) 1:30-Bridge (SMC)	4 10:30-Bingo 10:30-HVSC (MCL) 11:45-Lunch	5 11:45-Lunch 1:30-Mahjongg	6 10:30-HVES 11:45-Lunch 12:30-Safety (PPC)	7 Veterans Day Ceremony 11am Alliger Tract
8	9 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	10 10-Pharmacy (HTB) 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	11 Veterans Day No Programs	8 11:45-Lunch 1:30-Mahjongg	13 11:45-Lunch 1-Let's Chat	14 Operation Medicine Cabinet 10am MCL
15 Book Lover's Luncheon 12pm Green Acres Country Club	16 10:30-Chess, Scrabble 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	17 10:30-Prostate (HTB) 11:45-Lunch 1:30-Bridge (SMC)	18 9-BP (HTB) 11-Healthy Bones (HTB) 11:45-Lunch 12:40-Lunch (TMS) 2-Senior Advisory Board	19 11:45-Lunch 1:30-Mahjongg	20 9-Birthday (HVGC) 11:45-Lunch 1-Newsletter Folding	21
22	23 10-Dolls and Toys (HTS) 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	24 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	25 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL)	26 Thanksgiving No Programs	23 Holiday No Programs	28
29	30 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch		Location Guide HTB-Hopewell Township Building HTS-Hopewell Train Station HVGC-Hopewell Valley Golf Club MCL-Mercer County Library, Hopewell Branch	PPC-Pennington Presbyterian Church PQM-Pennington Quality Market SAC-St. Alphonsus Church SMC-St. Matthew's Church TMS-Timberlane Middle School		All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.