



Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2014, Vol. 8, No. 11

Contents

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

Finding Thankfulness This November

The world at large has been particularly chaotic these past few months. Flipping through the newspaper, you can move from war to illness to more war. There's more of the same when you turn on the television or radio. It's hard to stay upbeat and not get caught up in the larger negative forces.

There is good news, especially for older adults. Recent studies have shown that older adults are happier and more content than younger people, despite long-standing beliefs to the contrary. One thing that may have helped older adults over the general population was that older adults tended to appreciate ordinary things in the everyday whereas younger people were more likely to chase larger things.

I wish you all a Happy Thanksgiving. I hope you take some time to enjoy the little things: the changing leaves, a hot cup of tea, a wave from your neighbor.

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http://www.hopewelltp.org/senior_news.html

Senior News

Check Out Hopewell Township Recreation Programs Online at

www.hopewelltp.org/recreation_main.html to find out about upcoming trips!

Free, Refurbished Hearing Aids are now available to eligible residents. Individuals must be at least 65 years of age with a single income below \$26,130 or \$32,037 per couple. Additional information is available by contacting 1-800-792-8339.

Go Green Sign up to get the *Senior Spirit* by email. This is great for people who travel part of the year (you can get the newsletter wherever you are) and for those who want to save paper. Plus you get the newsletter 5-10 days faster. Email ameletti@hopewelltp.org to switch!

Individual Medicare Counseling is now available at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Hopewell Township. Do you want information on Part A, Part B, Part D, Medigap, and Advantage Plans? When to enroll? **Appointment necessary.** Call the Family Guidance Center at 609-924-2098, or email to Anjuli.melo@fgccorp.org.

IRS Scam Residents in Hopewell Valley have received calls about money owed to the IRS. The IRS will always send you a written letter in the US mail regarding taxes due and will never request credit card payment over the phone. These are not legitimate calls. Be alert and call Mercer County Consumer Affairs at 609-989-6671.

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

Medicare Open Enrollment for Medicare HMO and Prescription Drug plans is Oct. 15 through December 7. For more information about plans, go to www.medicare.gov.

Volunteers Needed at Bear Tavern School Volunteers are needed at Bear Tavern School to help office staff, assist in classrooms, and teach students to knit. If you are interested in helping with any of these activities during the school year, please contact Hopewell Valley Senior Services at 737-0605, ext. 692 or ameletti@hopewelltp.org.

Special Events for November 2014

Flu Shots for Hopewell Borough Tuesday, November 4, 9am to 3pm and 4-8pm at Hopewell Borough Hall, 88 East Broad St. Free for people with Medicare. \$25 for all others. **To make an appointment, call (908)359-8211, ext. 227.**

Hopewell Valley Seniors Connect is on hold this month while we search for a new instructor.

AARP Driver Safety Class Friday, November 7 from 9am to 4pm (with break) at Hopewell Borough Hall, 88 East Broad Street in Hopewell. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance premiums in NJ and may have one to two points erased in NJ. AARP membership is not required. Cost is \$15 for AARP members and \$20 for non-members. **Registration required by calling the HVYMCA at 737-3048.**

Mercer County Surrogate Friday, November 7, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Diane Gerofsky, the Mercer County Surrogate will be the presenter. She will explain her responsibilities as a County Surrogate and tell us when it is advisable and/or necessary for us to meet with her. Ample time will be allowed for Q & A and distribution of informational materials. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. Open to the public. **Register by calling 737-1221, ext. 10.**

Book Club Monday, November 10, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Lisette's List by Susan Vreeland. This is about a woman who moves from Paris to Provence with her husband in 1937. Some copies of the book are available at Hopewell Branch of the Mercer County Library.

Tips from the First Aid Squad Wednesday, November 12, 10:30-11:30am at the HV Senior Center. Julie Aberger of the Pennington First Aid Squad will cover important things to consider during an emergency and when to call 911. No registration required.

Senior Luncheon Wednesday, November 12, 12:30-1:30pm at the Central High School. Luncheon hosted by staff and students of middle school with co-sponsorship from Merwick and the Hopewell Valley Education Foundation. Free. **To register, call HT Recreation Department at 737-3753 by 11/5.**

Blood Brothers: Free Senior Preview Wednesday, November 12, 2pm at the CHS Performing Arts Center. Catch the free senior preview of Willy Russell's play about two fraternal twins separated at birth. No registration required.

Let's Chat Friday, November 14, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

Mondays with Mia Monday, November 17, 11am at the Hopewell Train Station, 4 Railroad Place in Hopewell Borough. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. No registration required.

Walk at Alliger Park Tuesday, November 18, 10-11:30am. Meet in the parking lot by the Veterans Memorial. Rain date is 11/20. No registration required. For more details or directions, call 737-0605, ext. 692 or ameletti@hopewelltp.org.

Tech Time Tuesday, November 18, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by November 14.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Aging In Place: Staying On Top of Inside Maintenance Tuesday, November 18, 4:30-5:30pm at the Senior Center. Open discussion about ways to manage inside maintenance in your home. No registration.

Dining Out and Planning for Special Occasions Wednesday, November 19, 10:30-11:30am at the HV Senior Center. Mindy Komosinsky, RD, Certified Diabetes Educator, Outpatient Nutritionist will talk about ways to plan your eating when eating out and preparing for the holidays. No registration required.

Holiday Cards for Service Members Abroad Thursday, November 20, 3-5pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Join local high school students writing greeting cards to local service members who are stationed abroad. Bring extra holiday cards if you have them. Refreshments served. No registration required.

A Most Wanted Man Wednesday, November 26, 1:30pm at the Mercer County Library, Hopewell Branch. This espionage-thriller film stars Philip Seymour Hoffman and Rachel McAdams. Rated R. No registration required.

Bad Words Wednesday, September 24, 1:30pm at the Hopewell Branch of the Mercer County Library. 2013 comedy about a middle-age man who finds a loophole allowing him to participate in a spelling bee. Starring Jason Bateman. PG-13. Free. Call the library at 737-2610 for details.

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

Ongoing Programs

Artists' Choice will be meeting November 11, 18, and 25 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.

Bingo First Wednesday of the month, 10:30-11:30am at the HV Senior Center. This month's bingo will feature special guests from ARC Mercer.

Blood Pressure Screening Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building. *No blood pressure at the senior center this month because of Election Day.*

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. \$4. **First time pre-registration required by calling (609)737-3753.**

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.

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.

Knitting and Crocheting Group will be meeting on November 12 from 1:30 to 3:30pm at the Hopewell Valley Senior Center. Bring your own project, pattern, and materials. All ages and skill levels welcome. Pre-registration encouraged by calling 737-0605, ext. 692 or ameletti@hopewelltp.org.

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.**

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

Around the Valley

VETERANS DAY CEREMONY



Saturday, November 7, 2014
11AM (rain or shine)

Washington Crossing-Pennington Rd.
Alliger Park
(Adjacent to Township Public Works Bldg)

New Engraved Bricks Unveiled
Refreshments
Please Bring Lawn Chairs
Uniform Appropriate



Save the Date



**December 2, 2014
Cape May Victoria Christmas Trip**

**For more information contact
Hopewell Township Recreation at (609)737-3753**

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

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