



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

December 2011, Vol. 5, No. 12

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### **Being a Bright Presence**

I had a neighbor who used to sit on his porch in the nice weather. He was a widower in his late 80's. Sometimes he would read the paper or listen to the baseball game on his radio. Mostly he just sat on the porch and watched the world around him. I did not know him well, but we always waved and said hello to one another. I always looked forward to walking by his house and seeing him on his porch. It made me feel like all was well in the world, like he was keeping an eye on the neighborhood. He had a bright presence and a little of it rubbed off on me each time I saw him.

I was saddened to read his obituary recently. It had been a few weeks since he was out on his porch. Since I did not know him well, I had no idea that I would never see him again and was surprised by just how much I miss him. The whole neighborhood misses him and his quiet presence.

We always think that we have to *do* so much to make a difference in life. My neighbor really taught me that actually just *being* is incredibly powerful. Being truly present is a gift most of us have, from the beginning to the end of our lives, but we don't always use it. Of course, smiling and waving help too!

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

## **Senior News**

**Individual Medicare Counseling** is now available Thursday mornings 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 Peter Madison at 609-577-8361 or email petermadison@verizon.net. **Open enrollment ends December 7th.**

**Knitting Volunteers Needed** First and third Wednesday of the month from 7:30-8:30am at Bear Tavern Elementary School. Teach students the joy of knitting and create a service project. Volunteers meet first and third Wednesday of the month. To register as a volunteer, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

**www.hvseniors.org** is updated regularly with upcoming programs and events. Check out the new section at the bottom of the page for useful resources: Frequently Asked Senior Questions.

**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.

**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 \$1815 or \$2452 for a couple. To find out more, call 1-800-510-3102 or go to <http://www.state.nj.us/dca/divisions/dhcr/offices/hea.html>

**Sexually Transmitted Diseases (STDs)** are on the rise in the aging "baby-boomer" generation. Testing is the **only** way to know for sure. Contracting an STD, including HIV, can be prevented. To find a testing site or if you have questions concerning HIV/AIDS, STDs or Hepatitis call the NJ AIDS/HIV/STD hotline at 1-800-624-2377. All calls are free and confidential.

**Tutoring Volunteers Needed** Wednesday afternoons during the school year at Timberlane Middle School from 3-4pm. Volunteers are needed in: math, language arts, social studies, and world languages (Spanish, French, and German). To register as a volunteer, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

## Special Events for December 2011

**Do I Want an Ipad?** Tuesday, December 6, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. As we move toward the post-PC era, we are starting to see a shift in both technology and consumer behaviors. Rather than focusing on what the **computer** can do, the tablet is all about what **you** can do with a computer. The December session of Hopewell Valley Seniors Connect will cover the iPad phenomenon, outline what you can and cannot do with an iPad, and suggest steps in making the final decision whether the iPad is for you. Join Mary Kay Podlecki as she explores some of the iPad's specific capabilities and applications, allowing attendees to determine if the iPad is a viable tool for their needs. Contact the library at 737-2610 for more information.

**Let's Chat** Friday, December 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. Refreshments will be served.

**Tree Lighting** Monday, December 12, 6pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Road, Titusville. Please join friends and neighbors as a beautiful white pine tree is illuminated with 5,000 lights to celebrate our community spirit. Boy Scout Troop 1776 will be on hand to provide assistance and flash lights to help people from the parking lot to the front lawn. Music will be provided by local choral groups and light refreshments will be served in the lobby of the municipal building immediately following the tree lighting ceremony. Residents may bring a small new toy for the Toys for Tots donation box and/or non-perishable canned goods for the PBA's annual food drive.

**Tech Time** Tuesday, December 13, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Would you like to learn how to text? Use your new laptop? Attach a photo to an email? If you answered yes to any of these questions or have other technology questions, stop in for tech help from local teens. Are you a techie yourself? Come by and share your expertise. This program is part of Generation Connection, an on-going effort to bring people of different generations together. **Registration required by 12/9**. To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Holiday Sing-A-Long** Wednesday, December 14, 10:30-11:30am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Enjoy some of your favorite holiday and winter songs. It may be cold outside, but we'll warm up around the piano with these bright tunes. Refreshments will be served. No registration required.

**Brain Teasers** Wednesday, December 14, 1-2pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Do you love to challenge your brain? We are looking to form a group for people who enjoy brain games and logic puzzles. Feel free to bring your favorite puzzles to share with the group. No registration required. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Walk at Delaware and Raritan Canal Tow Path** Tuesday, December 20 (rain date is 12/22), 10-11:30am. Meet at the parking lot along Rt. 29 and Washington Crossing-Pennington Road in Titusville. All are welcome. There will be a slower and moderate paced group. No registration required. For more information or directions, contact Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Benefits of Exercise At Any Age** Wednesday, December 21, 10:30-11:30am at the HV Senior Center. Learn about ways exercise can benefit you. Presented by Laurel Reid, Group Exercise Director at PEAC Health & Fitness. No registration required. For more info, contact Senior Services at 737-0605, ext. 692.

**Timberlane Lunch** Wednesday, December 21, 12:30-1:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and local businesses. Free. Pre-registration required, but not before Dec. 1. **To register, call Hopewell Township Recreation Department at 737-3753.**

**Movie: The Debt** Wednesday, December 28, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Thriller featuring Helen Mirren Free. No registration required. For more info, call 737-2610.

## Ongoing Programs

**Artists' Choice** will be held Tuesday, December 13 and 27, 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. Feel free to stop by. For more information call 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Bingo** First Wednesday of the month, 10:30-11:30am at the HV Senior Center. No registration required.

**Blood Pressure Screening** First Tuesday of the month, 10-11am at the HV Senior Center. Second Tuesday of the month, 12-1:30pm at the Pennington Quality Market.

**Bridge** Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$4. 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 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. 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.

**Hopewell Valley Leisure Club** Social club, including activities and speakers for Valley seniors. No meeting this month. Christmas Luncheon on Tuesday 12/13 at 12:30pm at the Hopewell Valley Golf Club. Reservations due by 12/5. Please call 466-0657 to sign-up for luncheon..

**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](mailto:information@hopewellvalleyveterans.org).

**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 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** 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.

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

*Around the Valley*

# Holiday Sing-A-Long



**Date:** Wednesday, December 14  
**Time:** 10:30-11:30am  
**Location:** Hopewell Valley Senior Center,  
395 Reading St. in Pennington

*Stop by the senior center to sing some of your favorite holiday and winter songs. It may be cold outside, but we'll warm up around the piano with these bright tunes.*

**No registration required. Light refreshments will be served. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**



**SAVE THE DATE:**

***Know Your Options: A Local Long Term Care Open House***

***Tuesday, January 24, 2012  
Hopewell Township Municipal Building***

***Educate yourself about long-term care options in the area.***

**[www.hvseniors.org](http://www.hvseniors.org)**

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

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