



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

December 2013, Vol. 7, No. 12

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## **Volunteers Make All the Difference**

Sometimes people think Senior Services means services provided to seniors. I always liked the secondary meaning more though, the services seniors provide to the community. I see this first hand on a daily basis, from the editing and assembly of the *Senior Spirit*, to the volunteers that work at Bear Tavern, to the furniture that gets magically moved back into place at the senior center.

There are members of the Hopewell Valley Senior Advisory Board that advocate for older adults at a municipal level and there is the Hopewell Valley Senior Foundation who raise funds to support seniors and senior activities. Did I mention the folks who help serve the lunches at the senior center and the dedicated people who gather door prizes for the senior picnic? Many people don't realize that Healthy Bones, Explorations, Artists' Choice, and Let's Chat are all led by volunteers.

Seniors are also heavily involved in volunteer work through their religious organizations, civic clubs, emergency services groups, and of course, the Hopewell Valley Veterans. Meals on wheels and municipal boards and commissions are all lucky to have retired and semi-retired community members serving them. Our wonderful libraries and hospitals also benefit from having older adults who give their time. Thank you all for donating your time and making 2013 a prosperous year for Hopewell Valley!

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

## **Senior News**

**Check Out Hopewell Township Recreation Programs Online** at :

[www.hopewelltp.org/recreation\\_main.html](http://www.hopewelltp.org/recreation_main.html) to find out about upcoming trips!

**Computer Scam** is now in Hopewell Valley. Callers will contact you to tell you that your computer is sending them error messages and that they need to access your computer to fix it. Do not give them any information! This is a scam. Contact Mercer County Division of Consumer Affairs at (609)989-6671 if you are the victim of a scam.

**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

[jeni.sampson@fgccorp.org](mailto:jeni.sampson@fgccorp.org) **Reminder: Medicare Enrollment Ends December 15th!**

**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 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org) 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 \$1915 or \$2585 for a couple. For more info, call 1-800-510-3102 or go to [www.energyassistance.nj.gov](http://www.energyassistance.nj.gov)

**Open Lab at the Hopewell Branch of the Mercer County Library** on Tuesday, December 17 from 10 to 11:30am. Have a computer question, problem, or just need practice? Bring a project or let us suggest one. An instructor will be available to help you. Registration is required by calling the library at 737-2610.

**PC Essentials at the Mercer County Library** on Tuesday, December 10 from 10 to 11:30am. Work with the Windows environment. Use the many features of the Start button. Learn to cut, copy, and paste. Registration is required by calling the library at 737-2610.

## ***Special Events for December 2013***

**How to Navigate 2013 Technology** Monday, December 2, 1-2pm at the Hopewell Valley Senior Center, 295 Reading St. in Pennington. David Attwood of Merwick Care and Rehabilitation Center will discuss iPads, smart phones, social networking sites & what technology you can use to enrich your life. No registration required.

**Holiday Gadgets** Wednesday, December 4, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Guest speaker Doug Dixon will talk about what's new in technology this holiday season. No registration required.

**Book Club** Monday, December 9, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Revolution in a Bottle: How TerraCycle is Redefining Green Business by Tom Szaky. 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 awaugh@hopewelltp.org.

**Tech Time** Tuesday, December 10, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by 12/6.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

**Health Insurance Marketplace in NJ: What You Need to Know** Wednesday, December 11, 10:30-11:30am at the HV Senior Center. Are you confused about the new health insurance system and unsure how to get affordable coverage? A Certified Application Counselor from Princeton HealthCare System's Community Education & Outreach staff will provide an overview of New Jersey's health insurance marketplace; how it works; who qualifies; how to enroll; and much more. No registration required.

**Live Music** Thursday, December 12, 11-11:45am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Come enjoy Hopewell Township resident Jack Foster performing John Denver favorites on his guitar. Free. No registration required.

**Let's Chat** Friday, December 13, 1-2:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

**Mondays with Mia** Monday, December 16, 10am at the Hopewell Train Station, 4 Railroad Pl. 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 Washington Crossing State Park** Tuesday, December 17 (raindate is 12/19), 10-11:30am. The group will set the pace. Meet in parking lot by Main Visitor's Center. Enter park at Washington Crossing-Pennington Rd. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

**Coping with Dizziness & Vertigo** Wednesday, December 18, 10:30-11:30am at the Hopewell Valley Senior Center. Linda Lucuski, PT, Certified Vestibular Rehab Specialist with University Medical Center Princeton at Plainsboro will be the presenter. No registration required.

**Senior Luncheon** Wednesday, December 18, 12:30-1:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from the Hopewell Valley Community Bank and the Hopewell Valley Education Foundation. Free. Music provided by the Timberlane Orchestra. **To register, call HT Recreation Department at 737-3753 by 12/11.**

**No Movie This Month at Mercer County Library**

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

## Ongoing Programs

**Artists' Choice** will be meeting at 1pm on Tuesdays, December 3, 10, and 17. This group is facilitated by local artists, Bob Barish and Susan Ewart. Participants should bring their own supplies and projects. 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. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

**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 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. 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** Wednesday, December 11 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. Pre-registration encouraged by calling 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@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. Would you like to get back into playing bridge after many years? Are you a beginner who would like to practice in a relaxed setting? **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**

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

# Senior Lunch

*At Timberlane Middle School*



- Date:** Wednesday, December 18  
**Time:** 12:30-1:30pm  
**Location:** Timberlane Middle School  
51 S. Timberlane Drive  
Pennington  
**Register:** Contact the Hopewell Township  
Recreation Department at  
**737-3753 by December 11.**

*Enjoy a performance by the Timberlane Orchestra.*

**Sponsored by Hopewell Valley Community Bank &  
the Hopewell Valley Education Foundation.**



## **Save the Date**



Wednesday, January 29, 11am-1pm

### **Emergency Preparedness and Prevention Open House**

Hopewell Township Municipal Building

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

**RETURN SERVICE REQUESTED**

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