



Senior Spirit

Hopewell Valley Senior Services Newsletter

February 2012, Vol. 6, No. 2

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When Your Routine Goes Away, What Next?

Most of us love our routines. We have a certain way we drive home. We have a special chair we like to sit in. We have specific days we like to do certain errands. We don't always know how these routines started, but we do notice how important they are to us when they get disrupted. Routines can feel grounding in an otherwise uncertain world.

One of the biggest challenges, and perhaps biggest opportunities for older adults is just how big changes in daily routines can be. Retiring, moving to another town to be near family, or coping with a serious illness can all wreak havoc on an individual's routines. Big questions may start to arise like, "What happens at 9am on Mondays now that I'm retired?" or "Who am I in this new community that I recently moved to?"

There is often a sense of loss when you can no longer do what you're used to doing. Fortunately, the breaking up of old routines creates space in your life for new ones. I hope you'll find something that interests you in this month's *Senior Spirit* and come start a new routine with us.

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www.hvseniors.org

Senior News

The Beartanical Garden is an outdoor classroom located at Bear Tavern Elementary School. The garden needs volunteers to help with planning, teaching lessons in the garden, weeding, watering, and general maintenance of the garden. If you are interested in volunteering, please contact Christine DeFrancesco-Butrym at chrisdefb@yahoo.com or 737-3527.

ENewsletter Would you like to get the *Senior Spirit* earlier, save paper, and save costs? Sign up for the enewsletter and receive the newsletter by email. This is also a great option for people who travel for part of the year, but would like to continue to find out what's going on at home. If you would like to sign-up for the enewsletter instead of the paper version, please send your name and email address to awaugh@hopewelltp.org.

The Hopewell Valley Senior Advisory Board thanks Sevy DiCocco, a founding member of the Senior Advisory Board for his many years of service to the board. The board welcomes Sally Brenner as the new Hopewell Township representative.

The Senior/Disabled Property Tax Deduction Hopewell Township residents who are eligible for the \$250 property tax deduction must complete a PD-5 form **and** an income statement.

Both forms must be returned to the Hopewell Township Tax Collector by March 1, 2012. These forms were sent to you in January by the Hopewell Township Tax Collector if you received this deduction in the past. If you have any questions, contact the tax collector at 737-0605, ext. 645.

The Supplemental Nutrition Assistance Program (SNAP) is a nutrition assistance program that allows participants to receive monthly financial assistance towards their grocery bills. SNAP was formerly known as food stamps. Residents whose incomes are \$1,670 per month or less for one person, or \$2,247 per month for two people may be eligible for assistance. In addition, people with higher incomes may still be eligible due to housing, utility, and medical expenses. Mercer Street Friends Food Bank can help you complete an application for SNAP benefits. Make an appointment by calling (609)278-5549. We can help you fill out the application and assist you with the process. If you are eligible, you will receive a EBT card that functions like a debit card and can be used at retail stores nationwide.

Taste of Pennington will be held on Tuesday, February 7, between 6:30-8:30pm at Brandywine Senior Living at Pennington, 143 W. Franklin Ave. in Pennington. Sample food from local restaurants. \$5 donation will benefit the Hopewell Valley Senior Foundation. Space is limited. Please RSVP to Carolyn at 730-9922 by Feb. 3.

Special Events for February 2012

Brown Bag Lunch: Glimpses of the Past-Hopewell Valley Friday, February 3 at 12:30pm at the Pennington Pres. Church, 13 S. Main St. In Pennington. Jack Koepfel, former President of the Hopewell **Valley Historical Society**, will give the talk. Bring a sandwich. Beverages, fruit and a light dessert will be provided. Open to the public. **Register by calling 737-1221, ext. 10.**

What's All The Twitter About? Tuesday, February 7, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Twitter is more than learning about what someone ate for breakfast. Twitter can be a timely news source, an effective marketing tool. and a powerful social networking venue. The February session of Hopewell Valley Seniors Connect will include an overview of Twitter, as well as advice how to use Twitter to its greatest potential. Join Anna Van Scoyoc as she demonstrates Twitter, giving participants basics tips and tricks to navigate the "Twitterverse." No registration required. Contact the library at 737-2610 for more information.

Tech Time Tuesday, February 7, 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 2/3.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Brain Teasers Wednesday, February 8, 1-2pm at the HV Senior Center. Do you love to challenge your brain? Do you need a "stimulus package" for your mind? Do you love to challenge your brain? Come enjoy an hour of brain games and logic puzzles. No registration required. For more information or to submit brain teasers, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Let's Chat Friday, February 10, 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. Refreshments will be served.

Don't Miss a Beat! Wednesday, February 15, 10:30-11:30am at the HV Senior Center. Living with heart disease is now possible, thanks to implantable medical devices that control your heart rhythm. Come learn about these devices and other treatment options. Dr. Pirouz Parang, a cardiologist with Capital Health will present. No registration required.

Birthday Breakfast Friday, February 17, 9am at the Hopewell Valley Golf Club. Is your birthday in January, February, or March? **If so, pre-register for the birthday breakfast by calling the at 737-3753.** Guests may attend for a fee of \$15

Walk at Washington Crossing State Park Tuesday, February 21(rain date is 2/23), 10-11:30am. Meet by Main Visitor's Center . Park entrance is located on 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.

Affordable Dental Care in Mercer County Wednesday, February 22, 10:30-11:30am at the HV Senior Center. Learn about the sliding scale dental services provided by Henry J. Austin Health Center with Linda Buckley. No registration required.

Low Maintenance Gardening for Seniors Monday, February 27, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. This month's Coffee Connection series will feature Barbara Bromley, Mercer County Horticulturist with the Rutgers Cooperative Extension of Mercer County. Learn about tools and procedures that can make gardening easier for people, especially those with physical issues. Refreshments will be served. All ages are welcome. No registration required. For more information, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

AARP Tax-Aide Monday, February 27, 1:30-4:30pm at the Hopewell Valley Senior Center. Assistance filing income tax is provided by local AARP volunteers. Residents are asked to bring all relevant financial information and tax forms to their appointments. **Appointments are required by calling 737-0605, ext. 692 or awaugh@hopewelltp.org.**

Movie: Moneyball Wednesday, February 29, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Brad Pitt stars in the story of the Oakland A's general manager Billy Beane's successful attempt to put together a baseball club on a budget. No registration required. For more information, contact the library at 737-2610.

Ongoing Programs

Artists' Choice will now be held every Tuesday, 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Co-facilitators are Bob Barish and Sue Ewart. February will feature a unique still life for artists to work from if they choose. Feel free to stop in. For more information call 737-0605, ext. 692 or awaugh@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 HV Senior Center.* Second Tuesday of the month, 12-1:30pm at the Pennington Quality Market. Third Tuesday of the month, 10-noon at the Hopewell Township Health Clinic, Lower Level. Fourth Tuesday of the month, 10-11am at Stop N Shop. *This month blood glucose testing will be offered at the senior center (fast or be 2 hours post meal for accurate results).

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. **No Healthy Bones at the Hopewell Township Building on 2/13 or 2/20.**

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 466-0657 or 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.

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 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.

AARP Tax-Aide



AARP Tax-Aide volunteers will be available to help Hopewell Valley residents prepare tax returns and answer tax questions. Dates and locations are as follows:

**Mondays: February 27, March 12, March 26, and April 9
1:30pm-4:30pm**

***Hopewell Valley Senior Center
395 Reading Street, Pennington***

This service is provided by local AARP volunteers with special attention to those age 60 and over. Residents are asked to bring all relevant financial information and 2010 federal and NJ tax returns to their appointments.

***Appointments are required. Please call (609)737-0605, ext. 692 or
awaugh@hopewelltp.org to make an appointment or for more information.
For year-round tax assistance visit www.aarp.org/taxaide.***



SAVE THE DATE:

Thursday, March 8



PHILADELPHIA FLOWER SHOW

Hawaii, Islands of Aloha

Contact the Hopewell Township Recreation Department
at 737-3753 for more information.

www.hvseniors.org

Hopewell Valley Senior Services
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Titusville, NJ 08560

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