

Senior Spirit

Hopewell Valley Senior Services Newsletter

October 2019, Vol. 13, No. 10

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**Hopewell Township Parks & Recreation
and Hopewell Valley Senior Services!**

Birthday Breakfast
Friday, October 11, 9:00am



Amalfi's Restaurant

**146 Lawrenceville Pennington Road,
Lawrenceville, NJ 08648**

RSVP no later than September 27th at (609) 737-3753

**Please join us for a birthday breakfast
in your honor, along with other
Hopewell Valley Seniors celebrating birthdays
in the months from July-December.**

**(We welcome and encourage spouses and guests,
at a cost of \$20, which may be paid at the door.)**

Please do not arrive before 8:45am.

Senior Tax Programs

\$250 Tax Reduction Program:

This program is through your local municipality. Available to residents if:

- If you are a Veteran during an active wartime period or If you are a Widow of a Veteran with active wartime service. To qualify you must fill out the Property Tax Deduction Claim by Veteran or Surviving Spouse/Domestic Partner of Veteran or Service Person, available at your local Tax Assessor or Tax Collector.
- If you are a Senior Citizen, Disabled Person or a Surviving Spouse of a Senior, this program has a \$10,000 income cap, not including social security or government pensions collected.

To qualify you must fill out the \$250 Real Property Tax Deduction Supplemental Income Form available through your Tax Assessor or Tax Collector.

Homestead Benefit

The *Homestead Benefit program* provides property tax relief to eligible homeowners. For most homeowners, the *benefit* is distributed to your municipality in the form of a credit, which reduces your property taxes. These Income limits are set by the State of NJ and are subject to change.

You may be eligible if:

- You owned and occupied a home in NJ that was your principal residence as of October of the filing year.
- Your **Gross** NJ income for the filing year was \$150,000 or less if you are 65 years or older **OR**
- Your **Gross** NJ income for the filing year was \$75,000 or less for home owners under 65 years old.
- Your property taxes were paid for the filing year.

File an Application, Phone: 1-877-658-2972 **OR** Online: www.njtaxation.org

Questions: call: 1-888-238-1233 **OR** email: nj.homesteadbenefit@treas.state.nj.us

Property Tax Reimbursement Program also known as “Senior Tax Freeze”

- NJ resident continuously for the last 10 years, reside in your current property continuously for the last 3 years.
- Must be 65 years old (or older) or disabled for 2 years prior to applying.
- Income requirements must be met –based on **gross** income. State of NJ sets income requirements annually.

Questions/Applications: 1-800-882-6597

Information: 1-800-323-4400, <https://www.state.nj.us/treasury/taxation/ptr/index.shtml>

In Person Assistance: Monday-Friday 8:30am-4:40pm at Taxation Regional Offices

<https://www.state.nj.us/treasury/taxation/organization/ts-regional.shtml>

Upcoming Hopewell Township Recreation Trips:

Valley Forge National Historic Park...Thursday, November 7

Bronx Zoo...Friday, November 8

“Joy to the World” Christmas Show...Wednesday, December 4

Christmas at Cairnwood & Holiday Tea...Thursday, December 12

NYC Holiday Shopping Trip...Sunday, December 15

Special Events October 2019

Tracking Wild Birds Thursday, October 3, 10:00am, Hopewell Valley Senior Center, 395 Reading Street, Pennington. Join us as we learn about the native birds in our area and how to attract them. Come win prizes and take home giveaways! Presented by John Hart and Rosedale Mills..

Brown Bag Luncheon Friday, October 4, 12:30pm at Pennington Presbyterian Church, 13 S. Main Street, Pennington. Maria Wiega of the Mercer County Board of Social Services will speak about Medicaid . We are all familiar with MediCare but do we understand Medicaid and how it could be useful to us. Lunch is at 12:30, program at 1:00pm.

First Friday Film: Rosemary's Baby Friday, October 4, 1:30 pm, at Mercer County Library, 245 Pennington Titusville Road, Pennington. **Rosemary's Baby** (1968): (Mia Farrow & John Cassavetes) Rated R, 136 minutes. A young woman in NYC fears she is beset by evil during a bizarre pregnancy. As she falls increasingly ill, she grows terrified at the prospect that her outwardly benevolent neighbors aren't who they appear to be.

Alzheimer's Walk Saturday, October 5, Registration 8:30am, Ceremony 9:30am and Walk 10:00am, Veteran's Park, 2206 Kuser Road, Hamilton, NJ. Contact JoAnne LaPergola 856-305-3696 or register here: https://act.alz.org/site/TR/Walk2019/NJ-GreaterNewJersey?pg=entry&fr_id=12544

Senior Birthday Breakfast Friday, October 11, 9:00am at **Amalfi's Restaurant**, 146 Lawrenceville Pennington Road, Lawrenceville, NJ 08648. Join us for a birthday breakfast in your honor, along with other Hopewell Valley Seniors celebrating birthdays in the months from July to December. We welcome and encourage spouses and guests at a cost of \$20, which may be paid at the door. Please note the change in location. Please do not arrive any earlier than 8:45am. **Reservations are required no later than Friday September 27th** by calling Leslie, 609-737-3753.

Cholesterol Wednesday, October 16, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Come learn all about cholesterol from Montgomery Health Department. We will review the types of cholesterol and strategies to decrease it including lifestyle changes and medication

The Short of It – Roald Dahl Wednesday, October 16, 2:00 pm at Mercer County Library, 245 Pennington Titusville Road, Pennington. The short story -- short in length, but full of content! Each month we read and discuss three short stories by the same author. This month's author is Roald Dahl and his short stories, "Lamb to the Slaughter," "Royal Jelly," and "Beware of the Dog."

Assembly Member Visit Friday, October 18, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Assembly members Anthony Verrelli and Verlina Reynolds Jackson are coming to visit the Hopewell Valley Senior Center. They will speak and listen to your concerns as New Jersey residents.

Insurance 101 Wednesday, October 23, 10:00am at HV Senior Center, 395 Reading Street, Pennington. Mitch Minkowsky, licensed producer for Rue Insurance, offers "Insurance 101". This fun hour (or less) addresses concerns members might have with their home and auto insurance. It is a lively, fun "give and take" addressing many questions all people have about coverages, rates, claims many other issues.

Coffee Connections: The Lost Cause-How the South Saw the Civil War Monday, October 28, 10:00am, Hopewell Borough Hall, 88 East Broad Street, Hopewell. This program exposes the romanticized but mythical view of the old South. .It shows how Southern deceptions produced a racist, frequently violent culture that lasted until modern times. It reveals how the entertainment industry and Federal government helped establish credibility for the Lost Cause. The issue of Confederate statues and monuments is covered. This one hour program explains it all in a fair and objective manner. It promotes no political agenda. Registration is requested, please call 609-737-3753 by October 21st.

Senior Luncheon & Fall Play Preview Wednesday, October 30, 12:30pm at Hopewell Valley Central High School Performing Arts Center, 259 Pennington Titusville Road, Pennington. Join us for a lunch and fall play preview by the high school students. Fall play information was not available at the time of printing this newsletter. Please call to reserve your lunch reservation. Space is EXTREMELY limited. Call Leslie to register 609-737-3753, **YOU and ONE GUEST ONLY! Registration opens on Tuesday, October 1.** If you would ONLY like to enjoy the play, the play preview will begin at 1:50pm in the Performing Arts Center, no reservation is required.

Movies for Adults— IT (2017) Wednesday, October 30, 1:30pm & 6:30pm, Mercer County Library, 245 Pennington Titusville Road, Pennington. **It** (2017): (Bill Skarsgård, Jaeden Martell) Rated R, 135 minutes. Seven bullied kids battle a child-murdering clown in 1989 small-town Maine.

Ongoing Programs

Active Aging Exercise Class Thursdays, August 29-October 17, 10:00am, Next Session will run October 24-December 12. Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Come and enjoy the benefits of stretching and low-impact exercises. Keep moving through fitness. The program is adaptable to all levels and will highlight: functional fitness, balance, strength, endurance, posture, flexibility, and mobility. As with any exercise program, check with your healthcare provider before participating. To register, call Leslie 609-737-3753.

Artists' Choice Tuesday's, 1:00pm-3:00pm, Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville.

Billiards Club Tuesdays 1:00pm-3:00pm at Hopewell Valley YMCA, 62 S. Main Street, Pennington. Come socialize and enjoy refreshments while playing a game of pool! Contact Randi to register 537-0236.

Bingo First Wednesday of the month, 10:30-11:30am at the HV Senior Center.

Blood Pressure First Tuesday of the month, 10-11am at the Hopewell Valley Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

Healthy Bones Every Monday and Wednesday at 10:30am 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 Randi at 609-537-0236.

Knitting Club Second Friday of the month, 1:00pm-3:00pm at Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville.. Bring your own supplies and your imagination and come create masterpieces while enjoying the company of friends!

Let's Chat Social Group Second Wednesday of the month, 1:00pm-3:00pm at Hopewell Township Building, 201 Washington Crossing Pennington Road, Titusville. Join this group created for spending a few hours with other local seniors socializing, playing games, doing hobbies, whatever, we are open to suggestions!

Lunch Monday-Friday, 11:30am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Call the Mercer County Nutrition Project at 609-989-6650 for information or the senior center from 9am-1pm at 609-737-3855 to register. Meals must be reserved three days in advance. Suggested \$1 donation.

Mahjongg Thursdays, 1:30-3:30pm at the Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free.

Newsletter Folding Meets the third Monday of the month, 10:30pm at the HV Senior Center, 395 Reading Street, Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. We are changing times due to the construction at the Senior Center. For more information call 609-537-0236.

Senior Advisory Board Meeting is the third Wednesday at 2:00pm at the Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville.. 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 609-537-0236.

Social Bridge Mondays, 2:00pm-4:00pm at the at the Mercer County Library-Hopewell, 245 Pennington Titusville Road, Pennington. All experience levels invited, come socialize while playing bridge!

T'ai Chi Mondays, September 16-November 18, (no class 10/14 or 11/11) 10:30am at St. James Church, 115 E. Delaware Ave, Pennington. Join instructor, Bev Tucker, to experience a relaxing class that introduces Tai Chi and Qigong for health, healing and personal growth. Note: participants may be seated for these classes. Registration is required, please call Leslie, 609-737-3753. Fee for the class is \$25, please bring a check to the first class made out to the Hopewell Valley Senior Foundation (HVSF).

**RENOVATIONS ARE SCHEDULED AT THE SENIOR CENTER,
ALL AFTERNOON PROGRAMS ARE MOVED TO THE HOPEWELL TOWNSHIP MUNICIPAL BUILDING!**

Programs subject to cancellation due to extreme weather. For more information, call (609)537-0236

Hopewell Valley Senior Center, 395 Reading Street, Pennington, NJ 08534, phone: (609) 737-3855

Around the Valley

Senior Luncheon & Fall Play Preview

At Hopewell Valley Central High School
Performing Arts Center



Date: Wednesday, October 30
Time: 12:30pm (luncheon begins)
Location: Central High School, PAC
259 Pennington Titusville Road
Pennington
Register: Contact Leslie, 609-737-3753
registration opens on October 1st

**Due to the limited space, you are only able to
register yourself and one (1) guest!**

**Play begins at 1:50pm, no reservation is required
when attending the SHOW ONLY!**

**Sponsored by
The Hopewell Valley Education Foundation**

Useful Numbers for Older Adults in Hopewell Valley

Adult Protective Services-(609)989-4320

Contact Reassurance (free daily calls)-(609)883-2880

FISH Meals on Wheels-(609)737-9123

Mercer County Consumer Affairs-(609)989-6671

Mercer County Library-Hopewell- (609)737-2610

Mercer County Nutrition Project/ HV Senior Center (Pennington)-(609)737-3855

Mercer County Office on Aging-(609)989-6661

Mercer County Surrogate-(609)989-6331

Program Registrations-Leslie (609)737-3753

RideProvide of Greater Mercer County-(609)452-5140

Senior Services, Randi Knechel-(609)537-0236

TRADE Transportation-(609)530-1971

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

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