



Senior Spirit

Hopewell Valley Senior Services Newsletter

December 2014, Vol. 8, No. 12

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Be A Grandparent (Even If You Don't Have Any Grandchildren)

I lost the last of my biological grandparents this fall. Mourning someone who has lived a very long life can be a mix of sadness and gratitude. I have been struck by how lucky I was to have know my grandmother into adulthood and for all the time I had with my other grandparents. These elders have made a huge impression on me and given me both practical skills and some more philosophical advice.

I also have adopted grandparents though. These are people who are not related to me but are influential and have taught me many lessons as well. Some lessons are actually easier to learn from someone you are not related to! I feel grateful to still have role models in my life that serve as "grandparents." I am also enjoying finding ways to mentor people who are either younger or are new to a topic I know something about. Having people of different ages support each other is what makes a community.

Think of your gifts and ways you can share them with others in the new year. Perhaps it will mean an activity with a grandchild or perhaps it will mean showing a young adult in your life how to do something. Whatever it is, don't underestimate the power of your presence.

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Senior News

2nd Annual Coffee House Cabaret is Friday, December 12 at 7pm at Hopewell Elementary School.

Donation suggested. Performances by student-led a cappella groups.

Blood Pressure Machine Check this month. Bring your machine along with you to any of the free hypertension screenings and Public Health Nurse Mary Rosner will make sure your machine is working properly and that you are using it correctly.

Green Tip: New Jersey Home Performance with Energy Star Program The New Jersey Home Performance with Energy Star Program offers financial incentives on energy efficient improvement packages. New Jersey homeowners now have until June 30, 2015 to receive up to \$5,000 in financial incentives. You may also qualify for 0% interest financing (up to \$10,000) to help pay for energy-efficient upgrades. The first step is to schedule an assessment (*home energy audit*) with a participating contractor. After the assessment, you will receive a report listing recommended measures, along with financial incentives available to pay for the work. Find out more at: NJcleanenergy.com.

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.

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.

Voices Chorale will present "Christmastide," a collection of European and American carols and spirituals along with organ and choral music on Saturday, Dec. 20 at 3pm at Hopewell Presbyterian Church. \$10 for adults.

Winter Choral Concert is Tuesday, December 9 at 7pm at the Performing Arts Center of Hopewell Valley Central High School. Free high school choral concert featuring a wide variety of classical, contemporary, and ethnic music from different cultures and eras.

Winter Orchestra Concert is Wednesday, December 15 at 7pm at the Performing Arts Center of Hopewell Valley Central High School. Free high school orchestra performance.

Special Events for December 2014

Learn About Medicare, Tuesday, December 2, 6:30-8pm at the Pennington Public Library. Bob Brehon of the State Health Insurance Assistance Program (SHIP) will be the presenter. **Registration required by contacting ameletti@hopewelltwp.org or (609)737-0605, ext. 692.**

Exploring the Web Thursdays, December 4, 11, and 18 from 3:45 to 4:45pm at the HV Senior Center, 395 Reading St. in Pennington. Learn how to navigate the world wide web with ease. PC's will be provided and the course will take place in a small group setting. These sessions are co-sponsored by the HV Senior Foundation. The cost is \$15 for the three sessions. Registration required by contacting HV Senior Services at 737-0605, ext. 692.

Book Club is on break for December.

Radio City Christmas Spectacular Tuesday, December 9, 10am to 6pm. Meet at Independence Park, 20 Stephenson Rd. Hopewell Twp. Parks & Recreation Dept. is sponsoring a trip to see the Rockettes. The 90-minute revue combines singing and dancing with traditional scenes like the legendary "Parade of the Wooden Soldiers", "New York at Christmas", and the "12 Days of Christmas" all in spectacular stage settings. We will arrive early to stroll around Rockefeller Center, gaze at the beautiful store windows and grab a quick bite to eat on your own prior to our 2:00pm matinee show. \$98 (\$85 for Hopewell Township residents). **To register, call 737-3753.**

Tech Time Tuesday, December 9, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by December 5.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Mercer County Parks Wednesday, December 10, 10:30-11:30am at the HV Senior Center. Jennifer Roger, County Naturalist will tell you about the many programs and parks available through Mercer County Parks System., including many in Hopewell Valley. No registration required.

Let's Chat Friday, December 12, 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, December 15, 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.

Senior Luncheon Wednesday, December 17, 12:30-1:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Community Bank and the Hopewell Valley Education Foundation. Musical performances by the Timberlane Orchestra and Choir. Free. **To register, call HT Recreation Department at 737-3753 by 12/10.**

Keeping Our Bones Healthy As We Age Wednesday, December 17, 10:30-11:30am at the HV Senior Center. Susan Jafar, RN, Senior Care Coordinator for Princeton Healthcare System will present on ways to improve your bone health. No registration required.

Holiday Sing-A-Long Friday, December 19, 10:30-11:15am at the HV Senior Center. Get in the holiday mood with a sing-along lead by Beverly Tucker on piano. No registration required. All ages welcome.

Jersey Boys Wednesday, December 31, 1:30pm at the Mercer County Library, Hopewell Branch. This is a biographical musical drama, which tells the story of the musical group the Four Seasons Rated R. No registration required.

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

Ongoing Programs

Artists' Choice will be meeting December 9, 16, and 23 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.

Blood Pressure Screening 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. *Blood Glucose Testing at the Senior Center this month. Come fasting or 2 hours post meal for accurate results.*

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. *Holiday party instead of regular meeting this month.*

Knitting and Crocheting Group will be meeting on December 10 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

Hopewell Valley Senior Services and the Pennington Public Library Present:

Learn About Medicare and Resources That Can Help You With Insurance Choices with Bob Brehon

State Health Insurance Assistance Program (SHIP)



Tuesday, December 2, 6:30-8pm
Pennington Public Library
30 N. Main Street in Pennington

SHIP provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Human Services with major funding from the Centers for Medicare & Medicaid Services, the federal Medicare agency. Medicare beneficiaries frequently have questions about benefits and claims, supplement policies, and long-term care insurance. Volunteer counselors, trained in areas of health insurance coverage and benefits that affect Medicare beneficiaries, provide information and assistance for dealing with claims and in evaluating health insurance needs. This program will provide a basic outline of all Medicare programs, as well as federal and state assistance. Attendees will also learn how to get additional assistance if needed. Light refreshments will be served. Refreshments will be served. Space is limited. **Registration required by contacting Hopewell Valley Senior Services at (609)737-0605, ext. 692 or ameletti@hopewelltp.org**

This program is part of a Baby Boomer Series, but is open to people of all ages.

Save the Date

Thursday, January 29, 11am-1pm

The Healthy Brain Event

Hopewell Township Municipal Building

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

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