



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

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# Senior Spirit

Hopewell Valley Senior Services Newsletter

December 2008, Vol. 2, No. 12

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### Our Best Gift

The message this season is to find gifts. Catalogs are coming in daily, advertisements and commercials are everywhere, and the store displays are unavoidable. This addition of the *Senior Spirit* has some ideas for gift buying, including a trip to a holiday market in Bethlehem and a class on internet shopping (see p. 3 for details).

Material gifts can be delightful. Who doesn't love watching a smile cross a loved one's face after opening a package? Our best (and cheapest) gift, however, is the time and attention we offer others. People are busier than ever with cell phone calls, emails, text messages, and busy schedules. We have a scarcity of quality time with one another though. Think about the ways you can offer your time to others this season. Maybe its by turning off a cell phone and really listening to a grandchild tell you about her class at school. It could be inviting your neighbor who lives alone to join you for dinner. You might ask a tired store clerk how he is and actually mean it. The possibilities are great. Happy holidays and good luck with the gift giving!

*Abigail Waugh*  
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## Ongoing Programs

**Blood Pressure Screenings** First Tuesday from 10am-noon at the HV Senior Center, 395 Reading St. in Pennington, second Tuesday from 11-noon at the Pennington Quality Market, third Wednesday from 9-10:30am at HT municipal building 201 Wash. Crossing-Pennington Rd. in Titusville, and fourth Tuesday from 10-11am at Mercer County Library, 245 Pennington-Titusville Rd. For more information call (609)737-0120.

**Bridge** Every Tuesday at 1:30pm at St. Matthews Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call (609)737-3753.

**Folding** 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 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10am at St. Matthew's Church, 300 South Main St. in Pennington. 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** 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 (609)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](mailto:information@hopewellvalleyveterans.org).

**Knitting and General Volunteering at Bear Tavern**-For more information call (609)737-0605, ext. 692.

**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 that are served in centers that unite people for activities and social contact. Transportation available through TRADE. Call the Mercer County Nutrition Project at (609)989-6650 for information. Meals must be reserved three days in advance. Suggested donation. Come earlier to play cards!

**Mahjongg** Thursdays, 1:30-3:30pm at the HV Senior Center. Monthly 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. *Please note new winter time!*

**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 by promoting activities and services that enhance their dignity and independence and encourage community involvement. Open to the public. 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.*

## Special Events for December 2008

**Hopewell Valley Seniors Connect: Holiday Shopping in Your Bathrobe** Tuesday, December 2 from 1:30-2:20pm at the Hopewell Branch of the Mercer County Library System. Worried about getting all your holiday shopping done in time? Concerned about the possibility of bad weather? Unwilling to fight the crowds? Just want to make your life easier? Do your holiday shopping on the World Wide Web. Joel May, the host of Hopewell Valley Seniors Connect, will step you through the process of finding the best price on the item you want to buy, making the purchase in a safe and secure way, tracking the item from its source to your doorstep, and even returning it if it is unsatisfactory -- all without leaving your home, or even getting dressed. Free. No registration required. For more information call (609)737-0605 ext. 692.

**Artists' Choice** Tuesdays from 1:30-4:30pm at the HV Senior Center, 395 Reading Ave. in Pennington. Informal art workshop with new facilitator, Bob Barrish. Bring your own materials. **Pre-registration encouraged for new participants.** Free. **For more information call (609)737-0605, ext. 692.**

**Bingo** Wednesday, Dec. 10, 10:30-11:30am at the Hopewell Valley Senior Center. Please stop by for an informal game of bingo at the senior center. No registration required.

**Holiday Sing Along** Wednesday, Dec. 10, 1-2pm at the Hopewell Valley Senior Center. Gather around the piano for some holiday favorites. Feel free to bring music for one of your favorite songs. No registration required. Refreshments will be served. For information, call 737-0605, ext. 692.

**Christkindlmarkt, Bethlehem, PA** Thursday, Dec. 11, 8am-5pm. This new destination is recognized as one of the top holiday markets in the world by Travel and Leisure magazine. Christkindlmarkt Bethlehem is a delightful holiday market that features exquisite handmade works by more than 125 of the nation's finest artisans; the most heart-warming sounds of live holiday music; delicious food; and more. **\$36 includes motor coach and admission. Registration required by calling Hopewell Township Parks and Recreation at 737-3753.**

**Let's Chat** Friday, Dec. 12, 1-2:30pm at the Hopewell Valley Senior Center. Join Vivian Greenberg, LCSW for a lively discussion. This month Jill Jaclin from Secure@Home will discuss this innovative new initiative for aging in place. Secure@Home is a nonsectarian program designed for senior citizens who want to continue to feel safe and secure in their homes. It includes health care assessments, a 24-hour emergency hotline and a chore corps, with volunteers who help with household duties. No registration required. Refreshments will be served. For information, call 737-0605, ext. 692.

**Timberlane Middle School Luncheon**— Wednesday, Dec. 17, 12:40-1:40pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and Henderson Sotheby's. Free. Pre-registration required, but not before Nov. 1. **To register call Recreation at 737-3753.**



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

# December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>All events to take place at Hopewell Valley Senior Center at 395 Reading St. in Pennington, unless marked in bold.</b>	<b>1</b> <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	<b>2</b> 10-BP <b>11-Leisure Club (SAC)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> <b>1:30-HV Srs Connect (MCL)</b> 1:30-Artists' Choice	<b>3</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	<b>4</b> 11:45-Lunch 1:30-Mahjongg	<b>5</b>	<b>6</b>	
	<b>7</b>	<b>8</b> <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	<b>9</b> <b>11-BP (PQM)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	<b>10</b> <b>10:30-Bingo</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1-Holiday Sing Along	<b>11</b> <b>8-Bethlehem (Trip)</b> 11:45-Lunch 1:30-Mahjongg	<b>12</b> 11:45-Lunch 1-Let's Chat	<b>13</b>
	<b>14</b>	<b>15</b> <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	<b>16</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	<b>17</b> <b>9-BP (HTB)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch <b>12:40-Lunch (TMS)</b> 2-Senior Advisory Board	<b>18</b> 11:45-Lunch 1:30-Mahjongg	<b>19</b> 11:45-Lunch 1-Senior Spirit Folding	<b>20</b>
	<b>21</b>	<b>22</b> 11:45-Lunch	<b>23</b> <b>10-BP (MCL)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	<b>24</b> 11:45-Lunch	<b>25</b> No Programs	<b>26</b> No Programs	<b>27</b>
	<b>28</b>	<b>29</b> 11:45-Lunch	<b>30</b> 11:45-Lunch 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	<b>31</b> 11:45-Lunch	<b>Location Guide</b> <i>For directions please call (609)737-0605 ext. 692</i> HTB-Hopewell Township Building MCL-Mercer County Library, Hopewell Branch PQM-Pennington Quality Market SMC-St. Matthews Church	SAC-St. Alphonsus Church TMS-Timberlane Middle School	

## Senior News

**Digital Television Transition** Currently, many over-the-air stations are broadcasting in both analog and digital TV (DTV) formats. After February 17, 2009, full-power TV stations will only broadcast in digital. THE DTV transition will affect those who watch free over-the-air television (through a rooftop antenna or "rabbit ears"). If you watch over-the-air program on an analog TV, you must take action before February 17, 2009. If you already have a digital television or pay for TV service (cable or satellite), you should already be prepared for this switch. If you still have an analog TV and do not pay for TV services than you will need to purchase a converter box. The U.S. government is offering coupons to help consumers pay for this. For more information call 1-888-388-2009 or go to [www.dtv2009.com](http://www.dtv2009.com).

**Knitting Volunteers**-First and Third Wednesday of the Month, 7:30-8:30am at Bear Tavern School, 1162 Bear Tavern Rd. Looking for experienced knitters to teach 4th and 5th grade students knitting basics twice a month. Students will be knitting squares to create a quilt. Call Senior Services at 737-0605, ext. 692.

**Looking for Help with Odd Jobs?** If you are interested in hiring a high school student for jobs around your home and yard, you may post an advertisement by calling Senior Services at 737-0605, ext. 692. Your ad will be posted on a bulletin board in the high school and interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled and postings will be removed after two months.

**Medicare's Annual Election Period** is November 15 through December 31. During this time, Medicare participants can change the way they get their benefits, and they can change, add or drop a Medicare Prescription Drug Plan. SHIP counselors offer free assistance to NJ residents who need help learning about their Medicare options. In Mercer County, SHIP is coordinated through the Family Guidance Center at 924-2098, ext. 14.

**Take a Seat** Looking for a different holiday gift for a child or grandchild?

The Hopewell Valley Education Foundation is selling "seats" in the Performing Arts Center at Hopewell Valley Central High School.

Personalized seat tags can be purchased for as little as \$100, and all proceeds from this fundraiser will be used to support performing arts programs and improvements to the Performing Arts Center. More

information on the Education Foundation and the Take A Seat fundraiser can be found on the Foundation's website at <http://hvef.org>, or by calling Take A Seat committee volunteer Randee Tengi at 737-7198. You can also email the Foundation at [info@hvef.org](mailto:info@hvef.org).



## Around the Valley

### Heating and Utility Resources

**Low Income Home Energy Assistance Program (LIHEAP)** is a federally funded program that helps families and individuals with their energy bills. Gross monthly income limits are \$1,950 for 1 person or \$2,625 for 2 people. Applications are available from 11/1/08-4/30/09 by contacting the Mercer County Community Development Office at (609)989-6858.

**Universal Service Fund (USF)** is a state funded program that credits funds to a resident's utility account. The gross monthly income limits are \$1,517 for 1 person or \$2,042 for 2 people. Households found eligible for LIHEAP are automatically screened for USF.

**Lifeline Credit Program** is a state funded program for people at least 65 years old or disabled. The 2008 yearly income limits are \$23,092 for an individual or \$28,313 for a couple. For more information call the Lifeline/PAAD Hotline at 800-792-9745.

**New Jersey Shares** is a statewide nonprofit that provides assistance to electric and gas customers without regard to income. Applicants must demonstrate a temporary financial need and a history of good-faith payments. Households receiving other benefit programs are not eligible. For more information call their toll free number 866-657-4273.

**Comfort Partners** is a state funded program designed to improve energy affordability for income eligible households. Yearly income limits are \$18,200 for 1 person or \$24,500 for 2 people.

