



Save the Date



**Engaged Retirement
March 25, 7:30-9pm**

***Pennington Public Library
30 N. Main St.***

www.hvseniors.org

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

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Senior Spirit

Hopewell Valley Senior Services Newsletter

February 2010, Vol. 4, No. 2

Contents

1 Greeting

2 News

**3 Special
Events**

4-5 Calendar

**6 Ongoing
Programs**

**7 Around
the Valley**

**8 Save the
Date**

A Gift For Your Sweetheart the Valentine's Day

You pay the bills, but he files the taxes. You handle the insurance, but she drives to doctors' appointments. You cook the meals, but he does the grocery shopping. You're so good at your jobs that your spouse doesn't even know that much about them, and vice versa. Sound familiar?

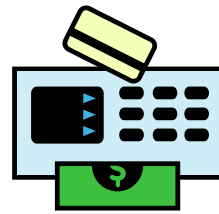
Division of labor is a strength of many partnerships, but can cause complications if one person has no idea about the other person's "specialties." This is a particularly common phenomenon in marriages, but can also happen in other family relationships. Often an adult child with a chronic illness or disability is dependent upon one or both parents for assistance with daily tasks. Sharing chores is a great way to work as a team, but can leave a family member helpless if he or she does not know the basics of a task.

If something were to unexpectedly happen to you, it would be quite stressful for your loved one. Prevent additional stress by talking now about important documents (financial, legal, health-related) and tasks (cooking, driving, cleaning, home and yard maintenance). A quick conversation now could be a real comfort later!

*Abigail Waugh
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Senior News

Consumer Alert Debit cards make life easy for consumers, but they are also easy targets for scam artists. When you use your debit card to make a purchase in a store, always check to make sure that the proper amount was deducted from your account. Also, if you asked for cash back, make sure the cash in hand matches the stated amount on your receipt. It's much easier to catch a mistake during the transaction than to deal with the aftermath of the wrong amount of money being taken out of your checking account.



H1N1 Update The H1N1 vaccine is now available to the general public. If you are interested in receiving the vaccine, check with your primary care doctor to see if it would be appropriate for you and if he or she administers it. For more information, go to <http://www.state.nj.us/health/flu/h1n1.shtml> or call 1-866-321-9571.



Heart Health February is heart month. Coronary disease is the #1 cause of death in the United States. Here are some risk factors that can be modified: have your blood pressure checked, be physically active, have your cholesterol level checked, keep your weight in the normal range, control Diabetes Mellitus, and quit smoking.

Volunteer Opportunity Hopewell Valley Senior Services is collecting the names and contact information of local retired residents who would be interested in speaking to a community or school group on a specific topic. If you have first-hand knowledge of a historical event, region, profession, or skill that you enjoy talking about, please contact Senior Services at 737-0605, ext. 692.

Recycling Update Mercer County switched to a "single stream" recycling system for 2010. It is no longer necessary to separate cans and bottles from printed materials. Now all recyclables can be put in either green or yellow buckets.

Taste of Pennington Stony Brook Assisted Living invites you to the 2nd Annual Taste of Pennington. This evening will allow guests to receive a tour of Stony Brook, as well as sample the fare of Pennington's finest eateries. We are requesting a donation of \$5 per guest, with all proceeds benefiting the Hopewell Valley Senior Foundation. Participating restaurants include Avanti, Barone's Tuscany Grill, TJ'S Trattoria, Vito's, Emily's Café, and Pennington Quality Market. The event will take place on Tuesday February 9th, from 6:30pm-8:30pm. Stony Brook Assisted Living is located at 143 West Franklin Avenue in Pennington. Please RSVP to Stony Brook @ 609-730-9922 by February 1st.

Around the Valley

First-Time Homebuyer Credit Extended to April 30, 2010; Some Current Homeowners Now Also Qualify



A new law that went into effect Nov. 6 extends the first-time homebuyer credit five months and expands the eligibility requirements for purchasers. The maximum credit for a first-time homebuyer is \$8,000. The new law also provides a "long-time resident" credit of up to \$6,500 to others who do not qualify as "first-time homebuyers." To qualify this way, a buyer must have owned and used the same home as a principal or primary residence for at least five consecutive years of the eight-year period ending on the date of purchase of a new home as a primary residence. For all qualifying purchases in 2010, taxpayers have the option of claiming the credit on either their 2009 or 2010 tax returns.

The new law raises the income limits to \$125,000 or \$225,000 for joint filers. For more information, go to www.irs.gov or call 1-800-829-1040.

Ongoing Programs

Artists' Choice will meet Tuesdays, February 2 and 16, 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Bring your own project. Group project may also be available. For more information call 737-0605, ext. 692.

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 info., call (609)737-0120.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$3. 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 10am at St. Matthew's Church, 300 South Main St. in Pennington. Every Monday at 11am 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.

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.

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. 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.

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 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 February 2010

AARP Driving Class Mondays, February 1 and 8, 1-5pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Learn defensive techniques, new traffic laws, and rules of the road. \$12 for AARP members and \$14 for non-members. **Please contact the Hopewell Valley YMCA at 737-3048 to register.**

Hopewell Valley Seniors Connect: Using Search Engines Tuesday, February 2, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Learn about specialized, search engines with Joel May. No registration required. For more information, call 737-2610.

Bingo Wednesday, February 3, 10:30-11:30am at the Hopewell Valley Senior Center. Stop by for an informal game of bingo. No registration required.

Brown Bag Program: Medication Problems and Prevention Friday, February 5, 12:30pm at the Pennington Presbyterian Church, 13 S. Main St. in Pennington. Learn about common prescription and over the counter medication issues with Chris Castagna, owner and pharmacist of Pennington Apothecary. Open to the Public. Bring a sandwich. Beverages, fruit and a light dessert will be provided. Call to make a reservation, 737-1221.

Outdoor Hike Tuesday, February 16, 10am to noon. Meet at the entrance to Gazebo Park in Hopewell Borough (next to post office). All are welcome. There will be a faster and slower paced group. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

Preventing Heart Disease Wednesday, February 17, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Muhammad Mustafa, Cardiologist with Capital Health System will present. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

Let's Chat Friday, Date TBA, 1-2:30pm. Join the Let's Chat group with Vivian Greenberg, LCSW for a a discussion. Refreshments provided. No registration required.

Birthday Breakfast Friday, February 19, 9am at the Hopewell Valley Golf Club. Is your birthday in January, February, or March? **If so, pre-register for the quarterly birthday breakfast by calling the Recreation Department at 737-3753.**

Coffee Connections: Meet Francis Hopkinson Monday, February 22, 10-11:30am at the Hopewell Train Station. Coffee will be served from 10 to 10:30am. At 10:30am living historian Stanley Saperstein will portray Francis Hopkinson. Hopkinson was a signer of the Declaration of Independence, the first Secretary of Loans for the Continental Congress. He also was America's first great song writer and poet, and the designer of the American Flag. Hear the true story of how Old Glory came about. Free. Open to the public.

AARP Tax-Aide Monday, February 22, 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.**

Video Magnifier Demonstration Tuesday, February 23, 10:30-11am at the Hopewell Branch of the Mercer County Library. Andrea Merrick, Branch Manager will demonstrate how to use the library's new video magnifier. This magnifier will be available for use by residents. Great for people with low-vision who would like to read their favorite magazine, letters, and bills. No registration required.

Hunterdon Hills Playhouse: The Great American Songbook Wednesday, February 24, 10am-7pm, meet at Independence Park. \$72 per person includes transportation, luncheon, and show. **Pre-registration required by calling 737-3753.**

NJ Property Tax Programs Wednesday, February 24, 10:30-11:30am at the Hopewell Valley Senior Center. Learn more about property tax programs in NJ from a representative from the NJ Dept. of Taxation. No registration required.

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

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-AARP Driving Class	2 10-BP 10:30-HVSC (MCL) 11-Leisure Club (SAC) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	3 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch	4 11:45-Lunch 1:30-Mahjongg	5 11:45-Lunch 12:30-Brown Bag Lunch (PPC)	6
7	8 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-AARP Driving Class	9 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC)	10 11-Healthy Bones (HTB) 11:45-Lunch	11 11:45-Lunch 1:30-Mahjongg	12 Lincoln's Birthday <i>No Programs</i>	13
14	15 Presidents' Day <i>No Programs</i>	16 10-Hike (GP) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	17 9-BP (HTB) 10:30-Heart Health 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	18 11:45-Lunch 1:30-Mahjongg	19 9-Birthday Breakfast (HVGC) 11:45-Lunch 1-Newsletter Folding	20
21	22 10-Francis Hopkinson (HTS) 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Tax-aide	23 10-BP (MCL) 10:30-Magnifier Demo (MCL) 11:45-Lunch 1:30-Bridge (SMC)	24 10-Playhouse (Trip) 10:30-Property Tax 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL)	25 11:45-Lunch 1:30-Mahjongg	26 11:45-Lunch	27
28	Location Guide GP-Gazebo Park, Hopewell HTB-Hopewell Town. Building HTS-Hopewell Train Station HVGC-HV Golf Club MCL-Mercer County Library,	Hopewell Branch PPC-Pennington Pres. Church PQM-Pennington Market SAC-St. Alphonsus Church SMC-St. Matthew's Church TMS-Timberlane Middle School				All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.