



Senior Spirit

Hopewell Valley Senior Newsletter

January 2023, Vol. 17, No. 1

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Hopewell Valley Senior Services Presents:
Health and Happiness Fair



Bring a
donation for
the HV Food
Pantry!

FRIDAY, JANUARY 27, 2023

STOP IN BETWEEN 11:00 am - 1:00 pm

**Hopewell Township Municipal Building Auditorium
201 Washington Crossing-Pennington Road, Titusville**

**Providing Resources on: Nutrition, Exercise,
Mental Health, Healthy Living, Health
Departments, Police, Emergency Services,
and more...**

**Lunch will be provided by
Brandywine Living at Pennington!**

No registration required. For more information, contact
Hopewell Valley Senior Services (609) 537-0236 or
seniorservices@hopewellwp.org

Important Dates:

Sunday, January 1:



Monday, January 2: New Year's Day Observed, Government Offices and Senior Center are CLOSED

Saturday, January 7: Hopewell Township Rabies Clinic, 9:00am to 12:00 noon at Hopewell Township Public Works, 203 Washington Crossing Pennington Road, Titusville. No registration or residency restrictions.



Monday, January 16: Martin Luther King Jr. Day, Government Offices and Senior Center are CLOSED



To register for any of the programs below, please contact Hopewell Township Recreation 609-737-3753.

Wednesday, March 8: Sister Act at Dutch Apple Theatre 9:30am-6:00pm

Thursday, March 23: "Italian Feast of St. Joseph" at The Shore Club 10:30am-4:30pm

January Programs

Health and Happiness Fair: Friday, January 27, 11:00am to 1:00pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Our yearly senior fairs are back! Come explore some programs Senior Services and Hopewell Valley have to offer! We will have groups from the different exercise classes, Hopewell Township Police, Emergency Services, the Hopewell Valley Food Pantry, Capital Health, and many more. Enjoy the lunch offered by Brandywine! Please also bring a donation to the Mobile Food Pantry.

Creative Well-Being: Tuesdays, January 10—February 28, 1:00pm-2:00pm at the Hopewell Township Municipal Building. Join us for this fun innovative exercise class that focuses not only on movement but mindfulness and creativity. Shirin blends movement and playfulness into the sessions drawing from her dance & yoga background as well as other creative influences that positively affect one's wellbeing. Register by contacting Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org

Adult Craft: Peace Bracelets: Friday, January 20, 10:00 am at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Rd, Pennington. Beading jewelry can be a fun and (surprisingly) relaxing experience. Join us at the Hopewell Branch to create a bracelet with beautiful wooden beads, complimented with a peace symbol charm. All materials will be provided. *Please email hopeprogs@mcl.org or call 609.737.2610 to register; space is limited.*

Practicing Mindfulness: Wednesday, January 25, 10:30 am at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Rd, Pennington. Practicing mindfulness — experiencing the present moment without judgment — can help you manage stress and improve your quality of life. Attend this informative session led by Carolyn Schindewolf, health educator with Penn Medicine Princeton Health Community Wellness, to learn how mindfulness can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation of life. *Please email hopeprogs@mcl.org or call 609.737.2610 to register.*

Knitting Club: Senior Services is looking to restart the Knotting Club. Please call or email Senior Services if you are interested, 609-537-0236 or seniorservices@hopewelltwp.org. If assembled, the club would meet the first Wednesday of the month at the Hopewell Valley Senior Center.

Ongoing Events
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Active Aging Exercise Class—Thursdays, 10:00am—11:00am at Hopewell Township Municipal Building. Session I begins on January 5 running through February 23. Registration is required through Senior Services. To register, call Senior Services 609-537-0236 or seniorservices@hopewelltwp.org. Class available in person or via Zoom. \$20 fee/8 week session, checks only, payable to HV Senior Foundation.

Artists' Choice—Tuesdays, 1:00pm-3:00pm at the Hopewell Valley Senior Center. Bring your supplies and create masterpieces with friends. Perfect your pieces with suggestions from other artists.

Chair Yoga—Fridays, 1:30pm—2:30pm at Hopewell Township Municipal Building. Chair Yoga is a gentle form a yoga that can be done while seated in a chair or with the assistance of a chair. New Session will begin on January 20—March 10. Registration is required through Hopewell Township Recreation and a fee of \$20/person for the 8 week class, Cash or checks payable to HT Rec. To register, call Senior Services 609-537-0236 or seniorservices@hopewelltwp.org.

Healthy Bones—Mondays and Wednesdays, 10:30am—11:30am at Hopewell Township Municipal Building. Registration is required and paperwork must be completed to participate. Call or email Senior Services for more information.

Lunch Program—Monday through Friday Lunch is served at 11:30am daily. Registration is required through Mercer County Nutrition Project, 609-989-6650. Suggested \$1 donation. Come early and socialize with fellow area seniors, have a cup of coffee or a game!

Mahjong—Thursdays, 1:30pm—3:30pm at the Hopewell Valley Senior Center. Enjoy a game of Mahjong with friends. Beginners are welcome.

Monday Afternoon Book Club- First Monday: Monday, January 9, 2:00 pm
All are welcome at the Hopewell Township Branch to discuss this month's book, *Remarkably Bright Creatures* by Shelby Van Pelt.

Newsletter Folding- FOURTH Monday: Monday, January 23, 12:00 noon at the Hopewell Valley Senior Center. Help Senior Services prepare the monthly newsletter mailing to over 600 Hopewell Valley seniors, Snacks will be provided. Enjoy socializing with your friends once again!

Qigong—Wednesdays, 1:30-2:30 at Hopewell Township Municipal Building. Qigong is an exercise of coordinated body posture, movement, breathing and meditation. Qigong is practiced for recreation, exercise, relaxation, preventative medicine, meditation and more....Session I will run from January 4—February 22nd, To register, call Senior Services 609-537-0236 or seniorservices@hopewelltwp.org.

Senior Advisory Board—Third Wednesday: Wednesday, January 18, 2:00pm at the Hopewell Valley Senior Center.

Social Bridge—Mondays, 1:30pm-4:00pm at the Hopewell Valley Senior Center. All experience levels. We will be playing WEDNESDAY, JANUARY 4 and WEDNESDAY, JANUARY 18 due to holiday schedule.

The Short of It – Second Wednesday: Wednesday, January 11, 2:00 pm. The short story -- short in length, but full of content! This month we'll discuss Alice Walker, and her stories, "To My Young Husband," "Everyday Use," and "Roselily." Copies available at the Hopewell Branch Reference Desk.

Hopewell Valley Senior Center: 395 Reading Street, Pennington 609-737-3855

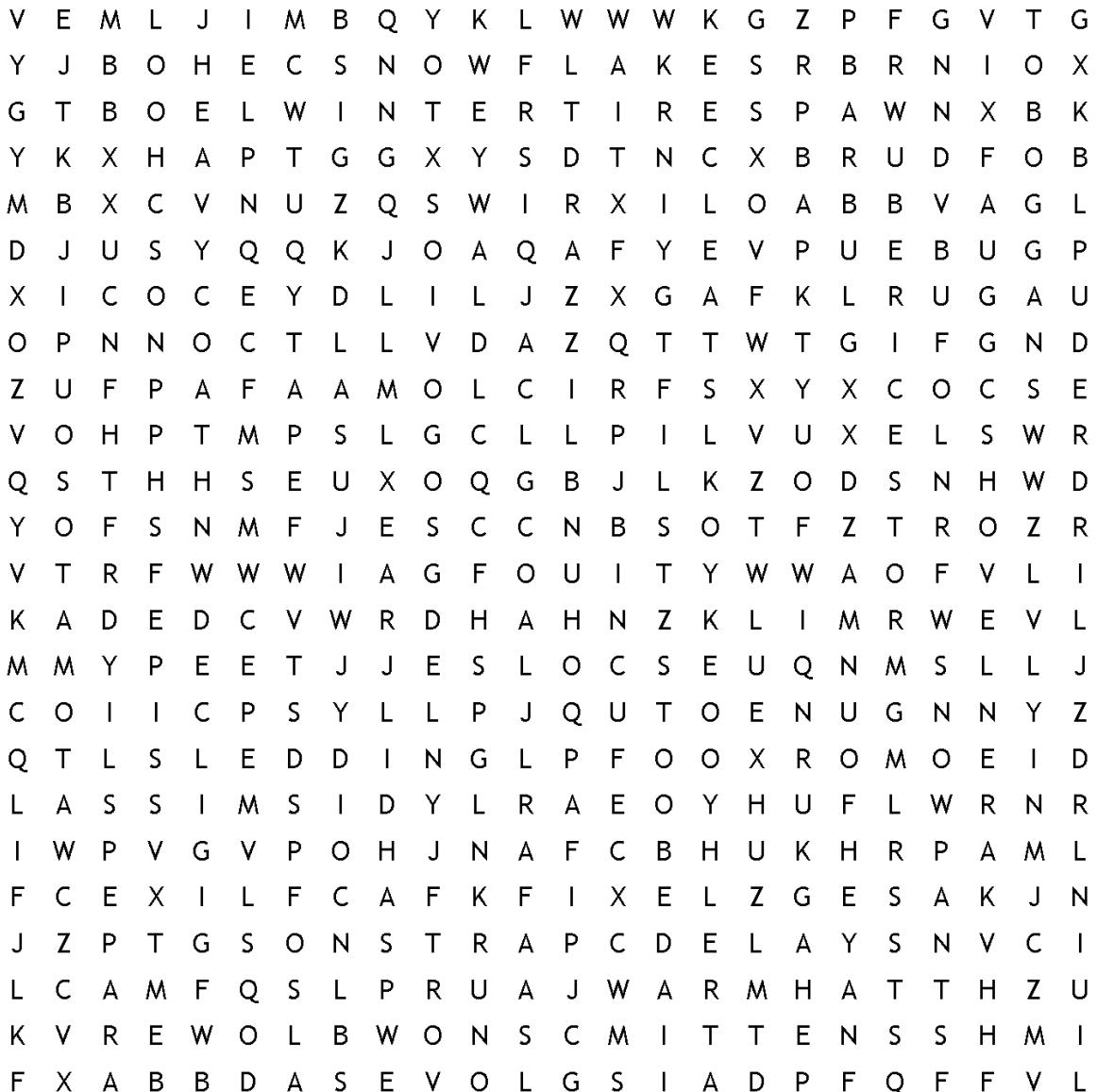
Hopewell Township Municipal Building: 201 Washington Crossing Pennington Road, Titusville.

Mercer County Library- Hopewell Branch: 249 Pennington Titusville Road, Pennington 609-737-2610

Senior Services: Randi Malkiewicz 609-537-0236 or seniorservices@hopewelltwp.org



WINTER



Blizzard	Boots	Cleats	Delays	Early Dismissal
Fireplace	Freezing Cold	Gloves	Heavy Coat	Hot Chocolate
Ice Storm	Marshmallows	Mittens	No School	Plowing
Scarf	Shovel	Sledding	Snow Blower	Snow Pants
Snowflakes	Toboggan	Tomato Soup	Warm Hat	Winter Tires

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

Useful Numbers for Older Adults in Hopewell Valley

Adult Protective Services-(609) 989-4320

Contact Reassurance (free daily calls)-(609) 737-2000

FISH Meals on Wheels-(609) 737-9123

Hopewell Twp Recreation- (609) 737-3753

Mercer County Consumer Affairs-(609) 989-6671

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

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

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

Mercer County Surrogate-(609) 989-6331

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

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

TRADE Transportation-(609) 530-1971