



Senior Spirit



Hopewell Valley Senior Newsletter

February 2023, Vol. 17, No. 2

Contents

- 1 Greeting
- 2 Senior News
- 3 February Programs
- 4-5 Calendar
- 6 Ongoing Programs
- 7 American President Word Find
- 8 Useful Phone Numbers

AARP Tax-Aide



AARP Foundation Tax-Aide (by appointment only)
Mercer County Library-Hopewell Branch
245 Pennington Titusville Road, Pennington

Free tax preparation from AARP Tax-Aide at Hopewell Branch
of Mercer County Library; call 609.737.2610 for appointments:
Tuesdays, February 7 to April 18, 2023

AARP trained tax preparers focus on low and moderate
income returns, but we can prepare most personal returns
within training guidelines.

We e-file Federal and state returns;
also fill out PTR ("Senior Freeze") forms.

Registration is required.
Please call 609.737.2610 to make an appointment



Senior News

Important Dates:

Wednesday, February 1: Property Taxes are Due



Thursday, February 2:



Sunday, February 12: Lincoln's Birthday



Monday, February 13: Lincoln's Birthday Observed, Hopewell Township and Senior Center are CLOSED

Tuesday, February 14: Valentine's Day



Monday, February 20:



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

February Programs

Knitting Club: Beginning monthly, Wednesday, February 1, 1:00-3:00pm at the Hopewell Valley Senior Center. Join fellow knitters from the area and socialize while working on your projects! Learn some new techniques or tricks with help from other seniors.

Wednesday Night Out: Lichens of the Hopewell Valley with Dennis Waters:

Wednesday, February 1, 7:00-8:00pm at The Hopewell Theater, 5 South Greenwood Avenue, Hopewell, NJ 08525. Lichens are everywhere, growing on trees, rocks, tombstones, and rotting logs. More than 100 species of lichen are found in the Hopewell Valley and Sourland Region, including a species new to science that was discovered on Mt. Rose. Join us to learn about these fascinating and ecologically important organisms, where they live and how they live. Bring lichens you have found and learn to identify the common ones. Dennis Waters is a visiting scientist in the Department of Ecology, Evolution, and Natural Resources at Rutgers University, where he studies the lichens of central New Jersey. He received a Ph.D. in advanced technology from the Watson Engineering School at Binghamton University. His book *Behavior and Culture in One Dimension: Sequences, Affordances, and the Evolution of Complexity* was published by Routledge in 2021.

Monday Afternoon Book Club– First Monday: Monday, February 6, 2:00 pm

All are welcome at the Mercer County Library—Hopewell Branch to discuss this month's book, *Eleanor Oliphant is Completely Fine* by Gail Honeyman.

Tax Help: AARP Foundation Tax-Aide (by appointment only) Tuesdays, February 7, 14, 21 & 28, 9:30 am – 1:00 pm at the Mercer County Library-Hopewell Branch. Free tax preparation from AARP Tax-Aide. AARP trained tax preparers focus on low and moderate income returns, but can prepare most personal returns within training guidelines. Tax preparers can e-file Federal and state returns, as well as PTR ("Senior Freeze") forms. Registration is required. Please call 609.737.2610 to make an appointment.

Hopewell Borough Public Library Book Club: Tuesday, February 7, 7:00-8:00pm at The Hopewell Public Library, 13 East Broad Street, Hopewell, NJ 08525. The HPL book club will meet to discuss their latest literary endeavor! This month's selection is *Don't Let's Go to the Dogs Tonight: An African Childhood* by Alexandra Fuller.

The Short of It – Second Wednesday: Wednesday, February 8, 2:00 pm. The short story -- short in length, but full of content! This month we'll discuss Alice Walker, and her stories, "Bloodchild" and "Speech Sounds." Copies available at the Hopewell Branch Reference Desk.

Brown Bag Lunch: Friday, February 17, 12:30pm at Pennington Presbyterian Church, 13 S Main Street, Pennington. Learn all about Hopewell Valley's very own vineyard at the next Brown Bag Lunch Program sponsored by the Older Adult Ministry Team of the Pennington Presbyterian Church. All are welcome. Bring your own lunch; beverages and a light dessert will be provided. We will learn about the 20-year history of Hopewell Valley Vineyards and what the plans are for the future. Lunch is at 12:30, and the one-hour program begins at 1.

Ongoing Events

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@hopewelltp.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 session, Cash or checks payable to HT Rec. To register, call Senior Services 609-537-0236 or seniorservices@hopewelltp.org.

Creative Well-Being—Tuesdays, 1:00pm- 2:00pm at the Hopewell Township Municipal Building. Session I runs from January 10th through February 28th. Join us for this fun innovative exercise class that focuses not only on movement but mindfulness and creativity. Fee for the class is \$20/person for the 8 week session, cash or check made payable to HT Rec. To register, call Senior Services 609-537-0236 or seniorservices@hopewelltp.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.

Knitting Club—First Wednesday, 1:30pm—3:00pm at the Hopewell Valley Senior Center. Join fellow knitters from the area and socialize while working on your projects! Learn some new techniques or tricks with help from other seniors.

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.

Newsletter Folding— Third Monday: TUESDAY, FEBRUARY 21, 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, 1:30pm—2:30pm 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 1 will run from January 4- February 22nd, To register, call Senior Services 609-537-0236 or seniorservices@hopewelltp.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, FEBRUARY 15 and WEDNESDAY, FEBRUARY 22 due to the holiday schedule.

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@hopewelltp.org



O H T F S M A D A P I R E W O H N E S I E N C N
 V W N V M C K E O R N O M A T H M K M M P Z B O
 G F L H A K F I W C B J Z T R R M K G G I Z R S
 W I G Y D I T J G I O D E R U E O G P T W E M I
 N L A Y A N L X P S L O T H M H H L X I L K H D
 O L R N Q L E E M U H S L E A I J P Y Y E O Y A
 S M F X J E V R O G U K O I N E T J T A B R H M
 K O I X Q Y E Q S H F J M N D Q M V H A T W C V
 C R E X W C S D A O L Q I A T G J B M D B F H E
 A E L E A N O F R C O N O X I N E A Y U C U A B
 J T D R J Z O D R O L K Z L V L O D S N F E M H
 N S T H R T R Z T Q L E S G N U E H O K Y O S U
 E E Q N R Z D J F X M E V O K N O S I R R A H B
 R W K Y O P F O V T W L S E N C N T A F T C P I
 U A U N O H X R R L T I W E L H A A R T H U R L
 B S B A S I G U P O R X K M O A H W W C G J V N
 N H U G E G M M J R J Z T J K A N P V L H E W O
 A I C A V P F G A V M R B L R D A D J I A F W S
 V N H E E T P H E G G L O D T M P K N N C F H N
 S G A R L N H W G B Y P I N F Y S R S T X E A H
 K T N T T W K Q U C Q N A D C L P J Y O U R Y O
 Z O A O J Q U S I I G R B P E F J F B N H S E J
 U N N U T D H N N O G M P W R E V O O H C O S J
 T Q S R L R Q Z Z E Z B L N L O C N I L A N Y E

Trump	Obama	Bush	Clinton	HWBush	Reagan	Carter
Ford	Nixon	LBJohnson	Kennedy	Eisenhower	Truman	FDRoosevelt
Hoover	Coolidge	Harding	Wilson	Taft	Roosevelt	McKinley
Harrison	Cleveland	Arthur	Garfield	Hayes	Grant	Johnson
Lincoln	Buchanan	Pierce	Fillmore	Taylor	Polk	Tyler
WHHarrison	VanBuren	Jackson	JQAdams	Monroe	Madison	Jefferson
Adams	Washington					

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