



# Senior Spirit



Hopewell Valley Senior Newsletter

March 2023, Vol. 17, No. 3

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## Spring Play Preview



**Date:** Wednesday, March 1, 2023  
**Time:** 1:50pm **SHOW ONLY**  
**Location:** Central High School, PAC  
259 Pennington Titusville  
Road, Pennington

**Registration REQUIRED,  
Call Senior Services 609-537-0236**

## Senior News

### Important Dates:

**Wednesday, March 1:** Spring Play Preview



**Sunday, March 12:** Daylight Savings,  
Change your smoke detector batteries!



**Friday, March 17:**



**Monday, March 20:**



**Spring Birthday Breakfast:** Friday, April 14th 9:00am—11:00am at the Hopewell Valley Golf Club. Please join us for a birthday breakfast in your honor, along with other Hopewell Valley Seniors celebrating birthdays in the months from January through June. We welcome and encourage spouses and guests to attend at a cost of \$20, which may be paid at the door. **Registration is required, please call or email Senior Services by Friday, March 31st, [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org) or 609-537-0236.** Space is limited.

**Spring Explorations:** See insert in the newsletter regarding upcoming classes offered!



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

## March Programs

**It Could Be Poison!** Wednesday, March 1, 1:00 pm at the Mercer County Library-Hopewell Branch. Every year, between 2 and 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed, or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT instructor with Princeton Health's Community Wellness, to learn about identifying poisons, how poisons can enter the body, dos and don'ts of using medications and household cleaners, and what to do if you suspect poisoning. *Please email [hopeprogs@mcl.org](mailto:hopeprogs@mcl.org) or call 609.737.2610 to register.*

**Spring Play Preview:** Wednesday, March 1, 2:00pm at Hopewell Valley Central High School Performing Arts Center. Spring Play Preview is The Wedding Singer. Registration is required, please contact Senior Services, 609-537-0236 or [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org).

**Brown Bag Lunch:** Thursday, March 9, 12:30pm at Pennington Presbyterian Church, 13 S Main Street, Pennington. A two-part health program designed by Capital Health especially for seniors. Bring your own lunch at 12:30; beverages and a light dessert will be provided. The one-hour program will begin at 1. The program will open with information about Capital Healthy Living, a subscription membership program providing services to seniors 65 and older to enable them to remain independent in their own homes. This program includes a life care manager, exercise classes, transportation service, etc. Come and learn more. The second part of the BBL Program will feature a presentation by a registered dietitian and certified diabetes educator from Capital Health.. We will learn how our food choices can support a healthy brain.

**Monday Afternoon Book Club— First Monday:** Monday, March 6, 2:00 pm

All are welcome at the Mercer County Library—Hopewell Branch. All are welcome at the Hopewell Township Branch to discuss this month's book, *The Vanishing Half* by Brit Bennett.

**The Short of It – Second Wednesday:** Wednesday, March 8, 2:00 pm. The short story -- short in length, but full of content! This month we'll discuss Alice Walker, and her stories, "The Diamond Mine", "A Wagner Matinee", and "Paul's Case". Copies available at the Hopewell Branch Reference Desk.

**AARP Smart Driver Course:** Tuesday, March 14, 9:00am—3:00pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Program fee of \$20/person for AARP members and \$25 for non members. Bring cash or check made payable to AARP the day of the class. Registration is required through Senior Services, call 609-537-0236 or email [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org).

**T'ai Chi:** Fridays, March 17—May 12, 10:00am at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. T'ai Chi is a gentle exercise perfect for anyone seeking a mild but effective program that addresses physical, mental and emotional well-being. Registration is required, \$25 fee for the 8 week session (no class 4/6). Checks only, please bring to the first session, made payable to HVSF. Must have 10 participants to hold this class. Register with Senior Services, 609-537-0236 or [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org).

**Speaker Series: Frida Kahlo: Dreams, Demons, and Devotion** - Tuesday, March 21, 7:00-8:00pm at The Hopewell Theater, 5 South Greenwood Ave, Hopewell, NJ 08525, presented by Janet Mandel, Arts Educator. Frida Kahlo's paintings illustrate the anguish and passion of a fascinating, complicated personal and artistic life. The astonishing works of this Mexican and feminist icon will be looked at through the lens of her ethnicity, disabilities, and political activism, especially emphasizing her engagement with the natural world. This event is co-hosted by the Pennington Public Library and the Hopewell Public Library and sponsored by the Friends of the Pennington Public Library.

### Ongoing Events

**Active Aging Exercise Class—Thursdays**, 10:00am—11:00am at Hopewell Township Municipal Building. Session 2 begins on March 16—May 4. Registration is required through Senior Services. To register, call Senior Services 609-537-0236 or [seniorservices@hopewelltwp.org](mailto: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 March 17—May 12. 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@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org).

**Creative Well-Being—Tuesdays**, 1:00pm- 2:00pm at the Hopewell Township Municipal Building. Session 2 runs from March 1—April 25. 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@hopewelltwp.org](mailto: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.

**Knitting Club—SECOND 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**: Monday, March 20, 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 2 will run from March 1st—April 18th, To register, email [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org) or call 609-537-0236.

**Senior Advisory Board—Third Wednesday**: Wednesday, March 15, 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.

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

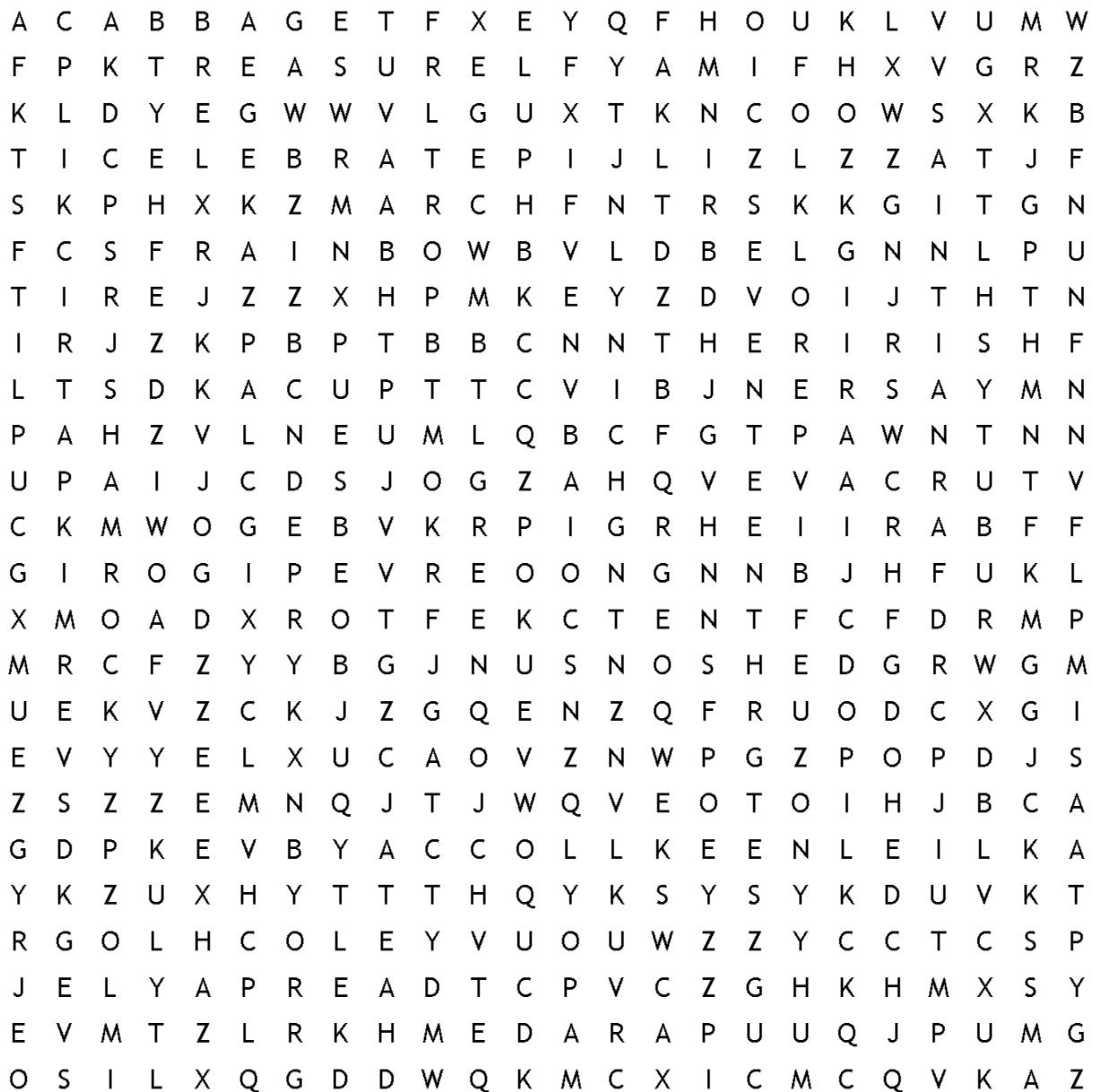
**Hopewell Township Municipal Building**: 201 Washington Crossing Pennington Road, Titusville.

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

**Senior Services**: Randi Malkiewicz 609-537-0236 or [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org)



✿ Happy St.Patrick's Day ✿



Seventeenth	Leprechaun	Celebrate	Potofgold	Potatoes
Folklore	Treasure	Shamrock	Patrick	Cabbage
Rainbow	Celtic	Parade	Snakes	Clover
Saint	Coins	March	Irish	Green
Luck				

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