



Senior Spirit



Hopewell Valley Senior Newsletter

April 2023, Vol. 17, No. 4

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Best wishes on your birthday from
Hopewell Township Parks & Recreation
and Hopewell Valley Senior Services!

Birthday Breakfast

Hopewell Valley Golf Club
Friday, April 14th, 2022 at 9:00 am
RSVP no later than March 31st by calling or emailing Senior Services, (609) 537-0236, seniorservices@hopewelltwp.org

**Please join us for a birthday breakfast
in your honor, along with other
Hopewell Valley Seniors celebrating birthdays
in the months from January-June.**

**(We welcome and encourage spouses and guests,
at a cost of \$20, which may be paid at the door.)**

Please do not arrive before 8:45am.

Senior News

Important Dates:

Wednesday, April 5 (Sundown): Passover Begins



Friday, April 7: Good Friday, Government Offices and Senior Center are CLOSED.

Sunday, April 9:



Saturday, April 15: Clean Communities Day

Tuesday, April 18: Tax Deadline!



Saturday, April 22: Hopewell Township Electronics Recycling & Shredding Event

Spring Play Preview: Wednesday, May 3, 2:00pm at Hopewell Valley Central High School Performing Arts Center. Spring Play Preview is Newsies. Registration is required, please contact Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org.



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

Franklin Institute: Wednesday, April 5, 9am- 4:30pm, Philadelphia

Fonthill Castle & Mercer Museum: Wednesday, April 26, 8:45am—5:30pm, Doylestown

A Beautiful Noise: Wednesday, May 3, 10:00am—7:30pm Broadway

Moses & Shady Maple: Wednesday, May 10, 9:30—7:30pm, Sight and Sound Theater

Happy Days Under the Boardwalk: Wednesday, June 7, 10:30am—4:30pm, Shore Club

River Lady Lunch Cruise: Wednesday, June 14, 9:00am—3:30pm, Toms River

The Jersey Tenors: Thursday, June 22, 9:15am—7:30pm, Atlantic City

April Programs

Monday Afternoon Book Club: Monday, April 3, 2:00 pm at the Mercer County Library-Hopewell Branch. All are welcome at the Hopewell Township Branch to discuss this month's book, *Mad Honey* by Jody Picoult and Jennifer Finney Boylan.

Tax Help: AARP Foundation Tax-Aide (by appointment only): Tuesdays, April 4, 11 & 18, 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.*

Cookbook Book Club: Tuesday, April 11th, 6:30 - 8:00 pm at The Hopewell Public Library, 13 East Broad Street, Hopewell, NJ 08525. For each meeting, the Cookbook Book Club chooses a cookbook – classic, new, hot, or obscure. Each member cooks one dish from the book and brings it to the library so everyone can sit down together and discuss the book while eating a feast from the book's recipes. Stop by the library to borrow this month's cookbook and add to the smorgasbord!

The Short of It: Joseph Geha: Wednesday, April 12, 2:00 pm at the Mercer County Library-Hopewell Branch. The short story -- short in length, but full of content! This month we'll discuss Joseph Geha, and her stories, "Monkey Business," "And What Else?," and "News from Phoenix." Copies available at the Hopewell Branch Reference Desk.

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 or 609-537-0236.** Space is limited. **HOPEWELL VALLEY RESIDENTS ONLY!**

Clean Communities Day: Saturday, April 15th, 8:00am at Hopewell Township Public Works, 203 Washington Crossing Pennington Road, Titusville. Registration and assignments from 8am-10am. Over 100 Designated Clean Up Areas. Earn money for a non-profit of your choice, spend 2 hours cleaning and receive a free t-shirt!

Spring Play Preview: Wednesday, May 3rd, 2:00pm at The Performing Arts Center at Hopewell Valley Central High School. The Timberlane students will be performing their spring play, NEWSIES. Registration is required, please contact Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org.

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. 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.

Creative Well-Being—Tuesdays, 1:00pm- 2:00pm at the Hopewell Township Municipal Building. Session 2 runs from March 7—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.

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, 1:00pm—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, April 17, 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 or call 609-537-0236.

Senior Advisory Board—Third Wednesday: Wednesday, April 19, 2:00pm at the Hopewell Valley Senior Center.

Social Bridge—Mondays, 1:30pm-4:00pm at the Hopewell Valley Senior Center. All experience levels.

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



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April showers
budding
flowers
raincoat
sunshine
umbrella

Birds
cheerful
fragrant
Saint Patrick's Day
thaw
warming

blossoming
easter bunny
gardening
spring cleaning
tulips

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