



Senior Spirit

OLDER
AMERICANS
MONTH
AGING UNBOUND: MAY 2023

Hopewell Valley Senior Newsletter

May 2023, Vol. 17, No. 5

Contents

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

Spring Play Preview



Date: Wednesday, May 3, 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:

Monday, May 1: Taxes Due



Friday, May 5:



Sunday, May 14:



Saturday, May 20: Armed Forces Day



Saturday, May 27:



Hopewell Valley Veteran's Memorial Day Ceremony
11:00 am at Woolsey Park

Sunday, May 28:

Hopewell Borough Memorial Day Parade

Monday, May 29:

Memorial Day, Government Offices
& Senior Center CLOSED
Pennington Borough Memorial Day Parade



HOPEWELL TOWNSHIP
Parks & Recreation Department

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

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

May Programs

Monday Afternoon Book Club: Monday, May 1, 2:00 pm at the Mercer County Library-Hopewell Branch. All are welcome at the Hopewell Township Branch to discuss this month's book, *The Personal Librarian* by Marie Benedict & Victoria Christopher Murray

HPL Book Club - Tuesday, May 2nd, 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: *How Beautiful We Were* by Imbolo Mbue.

Learn to Play Mahjongg - Wednesday, May 3rd, 10th, and 17th from 2:00 - 4:00 pm at the Hopewell Presbyterian Church 80 West Broad Street, Hopewell, NJ 08525. Learn how to play American Mahjongg! Connie Bracci-McIndoe will bring her Mahjongg sets for the group to use. The HPL will host three 2-hour sessions on playing this strategic game. Before the class, please obtain your card from the National Mahjongg league and review the rules. To obtain your card and review the rules, and for additional information, please visit redlibrary.org/events.

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

Speaker Series: Exploring the Hopewell Inn - History and Tour with Doug Dixon - Wednesday, May 3rd, 7:00 - 8:00 pm at the Hopewell Theater, 5 South Greenwood Ave, Hopewell, NJ 08525. The Hopewell Inn, long known as the Central Hotel, had a nearly 150 year history as a part of the town of Hopewell before it was demolished in July 2022. The building was used for residential and retail, hotel and livery, saloon and apartments, luncheonette and rooming house, and bar and bistro. This presentation explores the forgotten history of the Hopewell Inn, and of the people and families who nurtured and reinvigorated the building and ran the businesses through the years. We also will take a visual tour of the building in its final form - not only the exterior and public spaces, but also the upstairs rooms and cellar - and discover clues about how the building was constructed and expanded. Doug Dixon is an independent technology consultant and writer, now morphed into a history enthusiast. He is a board member of The Hopewell Museum and the Hopewell Valley Historical Society. This event will take place in person at the Hopewell Theater, but you can also attend virtually via Zoom by registering at redlibrary.org/events. This event is cosponsored by the Hopewell Valley Historical Society and the Hopewell Museum.

chalkCOUTURE: Thursday, May 4, 6:00pm—8:00pm at the Hopewell Township Municipal Building. chalkCOUTURE is back again with another fun filled craft to brighten up your home! Our project will be a serving tray in white, navy, or black. We will be choosing from different stencils to create a project as unique as each person who attends! Transfers offered are: Love you more, Dragonfly; Together we have everything; Paw Prints; and Every Dream, Watts of Love. Grab some friends and make it a "girls night out," or come on your own and meet some new friends! All supplies are included in the price. Register with Hopewell Township Recreation 609-737-3753 or on Community Pass.

The Short of It: Hisaye Yamamoto : Wednesday, May 10, 2:00 pm at the Mercer County Library-Hopewell Branch. The short story — short in length, but full of content! Join our discussion group, which focuses on the short story. This month we'll read Hisaye Yamamoto's stories, "Eskimo Connection," "Seventeen Syllables," and "Yoneko's Earthquake." Copies available at the Hopewell Branch Reference Desk.

T'ai Chi for Balance and Fall Prevention: Friday, May 5—June 23, 10:00am at the Hopewell Township Municipal Building. **Would You Like To Learn A Low Impact Exercise To Improve Your Overall Health and Well-Being?** 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. Checks only, please bring to the first session, made payable to HV Senior Foundation. Must have 10 participants to hold this class. Register with Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org.

Stop the Bleed®: Monday, May 22, 10:00 am - 12:00 pm at the Mercer County Library-Hopewell Branch. Stop the Bleed is a national awareness campaign and call-to-action intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Join Barbara Vaning, MHA, EMT, Instructor with Princeton Health, for this invaluable discussion. This program is part of the Penn Medicine Princeton Health Community Wellness program. *Registration is required. Please call 609.737.2610 or*

Ongoing Events

Active Aging Exercise Class—Thursdays, 10:00am—11:00am at Hopewell Township Municipal Building. Session 2 begins on May 11— June 29. Registration Required.

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—2:15pm and a JUST ADDED SECOND CLASS 2:30-3:15pm at Hopewell Township Municipal Building. Chair Yoga is a gentle form of yoga that can be done while seated in a chair or with the assistance of a chair. New Session will begin on May 26-July 14. Registration Required. \$20/8 week session, cash or check payable to HT Recreation.

Creative Well-Being—Tuesdays, 1:00pm- 2:00pm at the Hopewell Township Municipal Building. Session 2 runs from May 2—June 20 . 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—FOURTH Monday: Monday, May 22, 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 April 26—June 14, To register, email seniorservices@hopewelltwp.org or call 609-537-0236.

Senior Advisory Board—Third Wednesday: Wednesday, May 17, 2:00pm at the Hopewell Valley Senior Center.

Social Bridge—Mondays, 1:30pm-4:00pm at the Hopewell Valley Senior Center. All experience levels. Bridge will be played, Wednesday, May 31 due to the Memorial Day holiday on May 29th.

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

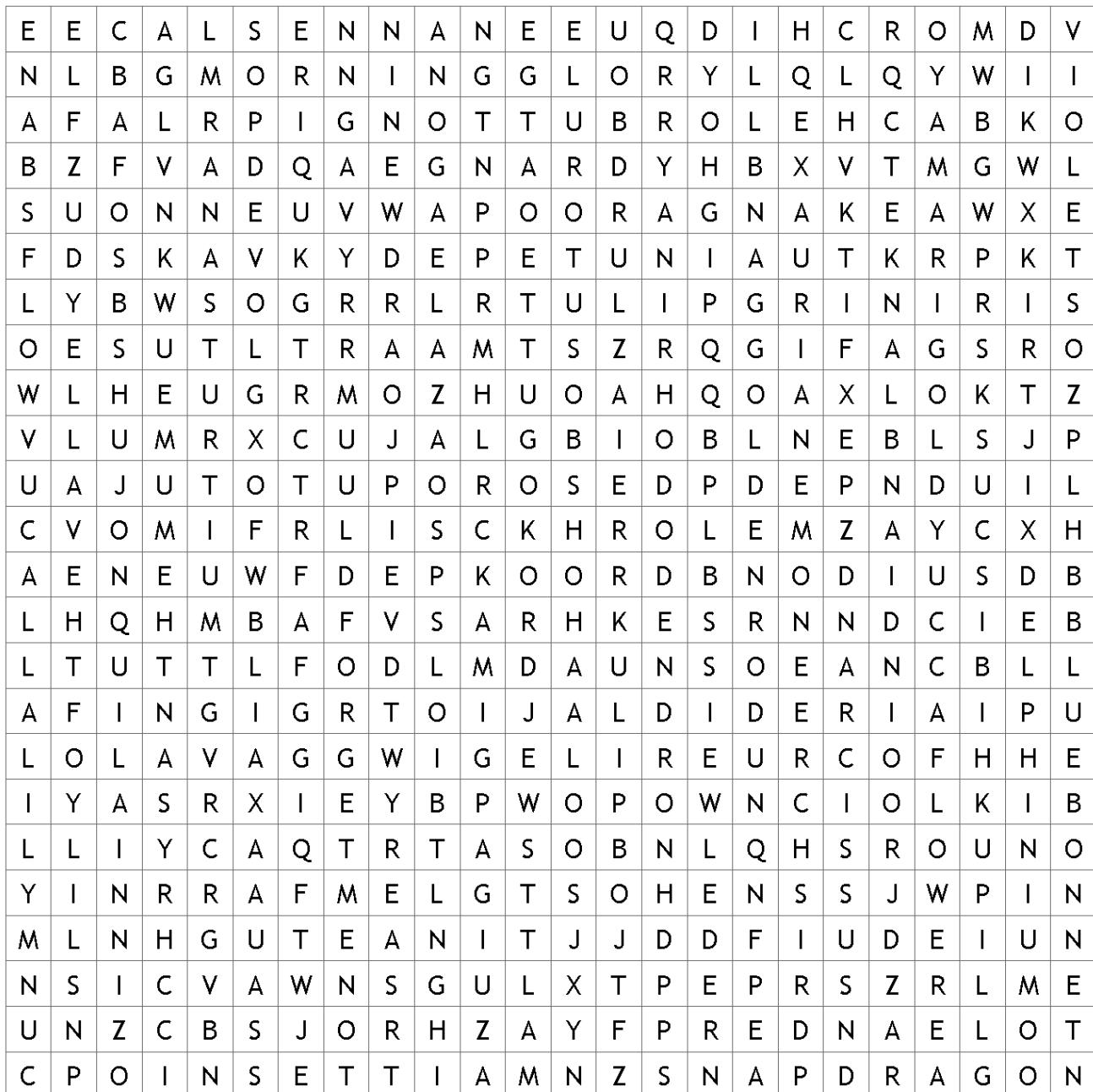
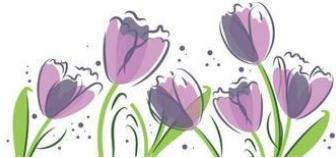
Hopewell Township Municipal Building: 201 Washington Crossing Pennington Road, Titusville.

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

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



FLOWERS



anemone
chrysanthemum
foxglove
Indianblanket
lilyofthevalley
oleander
QueenAnne'slace
tigerlily
zinnia

azalea
delphinium
gladiolus
iris
marigold
orchid
rhododendron
tulip

bachelorbutton
dogwood
goldenrod
jonquil
morningglory
pansy
rose
violet

bluebonnet
edelweiss
hibiscus
kangaroopaw
narcissus
petunia
snapdragon
wolfsbane

callalily
forgetmenot
hydrangea
larkspur
nasturtium
poinsettia
sweetpea
yuccaflower

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