



Senior Spirit



Hopewell Valley Senior Newsletter

June 2023, Vol. 17, No. 6

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HV Senior Services Exercise Class Schedule

Healthy Bones: Mondays & Wednesdays

FREE/paperwork required

10:30am at Hopewell Township Building



Creative Well-Being: Tuesdays

\$20/8 week sessions

1:00pm at Hopewell Township Building

Qigong: Wednesdays

FREE/8 week sessions

1:30pm at Hopewell Township Building



Active Aging : Thursdays

\$20/8 week sessions

9:00am at Hopewell Township Building

(FULL) 10:00am at Hopewell Township Building



T'ai Chi: Fridays

\$25/8 week session (May 5 - June 23)

10:00am at Hopewell Township Building



Chair Yoga: Fridays

\$20/8 week sessions

(FULL) 1:30pm at Hopewell Township Building

2:30pm at Hopewell Township Building

To inquire or register for any of the above classes, please
contact Senior Services, 609-537-0236 or
seniorservices@hopewelltpw.org

Senior News

Important Dates:



Tuesday, June 6: Primary Election

Wednesday, June 14:



Sunday, June 18:



Monday, June 19:



Wednesday, June 21:



Sunday, June 25: Hopewell Valley Veteran's Fireworks and Car Show @ Woolsey Park

Senior Picnic Door Prize Volunteers: Before we know it the Senior Picnic will be here! Senior Services is looking to bring back the door prizes but needs help from you! We are asking seniors to visit local business's to drop off flyers and collect prizes for the picnic. If you are interested, 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.

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

Wildwood Family Day: Saturday, July 8, 8:00am—10:00pm, Wildwood

June Programs

Mercer County Framers Market Voucher Program: The Farmers Market program was developed to provide low-income older adults with checks they can use to purchase fresh produce grown by New Jersey farmers. **Qualifications are as follows: a single person's income must not exceed \$26,973 per year or \$2,248 monthly; a couple's income must not exceed \$36,482 per year or \$3,041 monthly.** Documentation is required for qualification, identification and proof of income (tax return or social security statement). Participants must be 60 years of age or older. Vouchers are limited, Hopewell Valley receives a limited number of vouchers, these will be awarded on a first come first serve basis. To register, call or email Hopewell Valley Senior Services 609-537-0236 or seniorservices@hopewelltp.org. **Program Registration begins on June 1st.**

Open House: Washington Crossing Radio Control Flyers Association: Saturday, June 3, 10:00 am - 12:00 pm at the Mercer County Library- Hopewell Branch. The Washington Crossing Radio Control Flyers Association will have all types of model aircraft on display throughout the library. Members will be available to answer questions about building and flying model aircraft, as well as any inquiries about the association in general.

Monday Afternoon Book Club: Monday, June 5, 2:00 pm at the Mercer County Library- Hopewell Branch. All are welcome to discuss *Loyalty* by Lisa Scottoline.

Family and Friends CPR Training: Monday, June 5, 2:00pm—4:00pm at the Hopewell Township Municipal Building. Participants will be taught how to perform CPR on adults, children, and infants, and how to help people who are choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a completion card. REGISTER BY CALLING: 609-537-0216

HPL Book Club : Tuesday, June 6th, 7:00-8:00pm - - The Hopewell Public Library, 13 East Broad Street, Hopewell, NJ 08525 The HPL book club will meet to discuss their latest literary endeavor: *The Golem and the Jinni* by Helene Wecker.

The Short of It: Ambrose Pierce: Wednesday, June 14, 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 Ambrose Pierce's stories, "The Boarded Window," "A Horseman in the Sky," and "An Occurrence at Owl Creek Bridge." Copies available at the Hopewell Branch Reference Desk.

Adult Craft: Bandana Bangle Bracelet: Wednesday, June 21, 10:00 am Mercer County Library - Hopewell Branch. Join us at the Hopewell branch to create a bandana bangle bracelet as a gift for yourself or for someone else. All materials will be provided. *Please email hopeprogs@mcl.org or call 609.737.2610 to register; space is limited.*

Hopewell Valley Veterans Evening Under the Stars Car Show & Fireworks: Sunday, June 25, at Woolsey Park. Enjoy Hopewell Valley's Independence Day Celebration. We will begin the event at 5:30 pm with a Classic Car Show. A community concert will follow at 7:30 pm and fireworks will begin around 9:15 pm to conclude the event. Food vendors will be on site. Bring your lawn chairs and blankets and enjoy this family-friendly community event!

Opioid Overdoses: How to Save Lives Wednesday, June 28 6:00 pm at the Mercer County Library- Hopewell Branch. Learn more about overdose prevention strategies, including the appropriate administration of naloxone (i.e., Narcan) and rescue breathing. Free naloxone (Narcan) kits will be distributed to training attendees whose family members, friends, professionals and individuals are at risk or could be in the presence of someone who is at risk for an overdose. Presented via Penn Medicine Princeton Health's Community Wellness Outreach. Naloxone kits provided by through the New Jersey Naloxone Distribution Program. *Please email hopeprogs@mcl.org or call 609.737.2610 to register; space is limited.*

Ongoing Events

Active Aging Exercise Class—Thursdays, 9:00am—9:50am AND 10:00am—10:50am at Hopewell Township Municipal Building. Session 3 begins on May 11— June 29. Registration Required. Please contact Senior Services if you are interested in the **9:00am class ONLY**. 10:00am class is full. Fee for the class is \$20/8 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—2:15pm and 2:30-3:15pm 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 May 26-July 14 for the 1:30 class. Registration Required. \$20/8 week session, cash or check payable to HT Recreation. Please contact Senior Services if you are interested in the **2:30pm—3:15pm class ONLY**. 1:30 class is full.

Creative Well-Being—Tuesdays, 1:00pm- 2:00pm at the Hopewell Township Municipal Building. Session 3 runs from June 27—August 22, no class on Tuesday, July 4th. 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, 1:00pm—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 TUESDAY: Tuesday, June 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 3 will run from June 21—August 9, To register, email seniorservices@hopewelltp.org or call 609-537-0236.

Senior Advisory Board—Third Wednesday: Wednesday, June 21, 2:00pm at the Hopewell Valley Senior Center. Hopewell Township is looking to fill a vacant position on the board, if interested please contact Senior Services.

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@hopewelltp.org



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lake	reading	sand	hiking	water park
schools out	free time	camping	outside	vacation
barbecue	picnic	friends	bike	sunshine
ice cream	sprinkler	sweat	beach	swimming
pool	watermelon	popsicle	hot	summer

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