



Senior Spirit

Hopewell Valley Senior Newsletter

July 2023, Vol. 17, No. 7

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BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses

STAY SAFE

Never leave infants, pets or children in parked cars



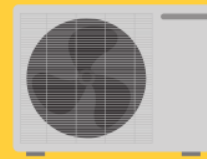
STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar



STAY COOL

Stay somewhere with air-conditioning



EAT LIGHT

Avoid hot foods and heavy meals



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



COOL DOWN

Take a cool shower or bath



Oregon
Health
Authority

Senior News

Important Dates:

Tuesday, July 4: Fourth of July, Government Offices & Senior Center CLOSED
Titusville Fourth of July Parade, River Drive, Titusville

NJ Senior Olympics: September 8-10, 2023 in Woodbridge Township, NJ. Are you 50+? Enter the 2023 NJ Senior Olympics! Sports included are Basketball, Billiards, Bocce, Cornhole, Darts, Golf (Separate \$100 registration fee), Horseshoes, Miniature Golf, Pickleball (Separate \$40 registration fee applies), Racquetball, Swimming, Table Tennis, Tennis and Track and Field. Registration deadline is August 27, 2023, \$40 registration fee will allow you to compete in 3 events \$10 for each additional event. (Registration fee does not including Pickleball or Golf). For more information and to register, go to: www.njseniorolympics.com or call New Jersey Senior Olympic Headquarters at: 973-618-1111

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.

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

Movies in the Park: DC League of Super Pets, 8:30pm at Woolsey Park

Concerts in the Park: TBD, 6:30pm at Woolsey Park

Movies in the Park: Lyle Lyle Crocodile, 8:30pm at Woolsey Park

Concerts in the Park: TBD, 6:30pm at Woolsey Park

July Programs

Fourth of July Parade: Tuesday, July 4, 10:00am—2:00pm, River Drive Titusville. 10:00am River Drive will close to traffic, enjoy music performed by the River Dogs. 11:00am the Opening Ceremonies, Baby Parade 11:15am, Bike Parade 11:30am, Big Parade 1:00pm, Quilts Tournament 2:30pm.

Learn to Play Mah-jongg: Wednesdays, July 5, 12, 19 & 26, 1:30pm-3:30pm at Mercer County Library—Hopewell Branch. "All Together Now" to learn how to play mah-jongg. Connie Bracci-McIndoe will lead four, 2-hour sessions to learn how to play this strategic game. Sets will be provided. Please note that this is a 4-week series of classes. Copies of The Rules for Modern American Mah-jongg are available at the Hopewell Branch Reference Desk. *Sponsored by the Friends of the Hopewell Library.* **Space is limited; please email hopeprogs@mcl.org or call 609.737.2610 to register.**

"All Together Now" Ice Cream Social : Wednesday, July 5th, 4:00 - 5:00 pm at The Hopewell Train Station, 2 Railroad Place, Hopewell, NJ 08525. The 2023 summer reading theme, "All Together Now," embraces friendship, kindness, and community. Join us to kick off the summer reading program with ice cream and bubbles, games and watery fun. ***Please bring a nonperishable pantry item to support The Chubby's Project.*** This event is open to all ages.

Monday Afternoon Book Club: *Then She Was Gone* by Lisa Jewell Monday, July 10, 2:00pm at Mercer County Library—Hopewell Branch. All are welcome to discuss *Then She Was Gone* by Lisa Jewell.

Cribbage & Coffee: Tuesdays, July 11, 18 & 25, 10:00am to 11:30am at Mercer County Library—Hopewell Branch. "All Together Now" for Cribbage & Coffee at the Hopewell Branch! Don't know how to play? We'll teach you! Boards, pegs, cards -- and refreshments -- will be provided. **Please email hopeprogs@mcl.org or call 609.737.2610 to register.**

HPL Book Club: Tuesday, July 11th, 6:30-8:00pm at The Hopewell Public Library, 13 East Broad Street, Hopewell, NJ 08525. The HPL book club will meet to discuss their latest literary endeavor: *The Whistler* by John Grisham.

Movies in the Park, DC League of Super-Pets: Wednesday, July 12, 8:30pm at Woolsey Park. Parking Opens at 7:30pm. Krypto the Super-Dog and Superman are inseparable best friends, sharing the same superpowers and fighting crime side by side in Metropolis. However, when the Man of Steel and the rest of the Justice League are kidnapped, Krypto must convince a ragtag group of animals to master their own newfound powers for a rescue mission. Enjoy a movie under the stars. Free Event.

The Short of It: Agatha Christie: Thursday, July 13, 2:00 pm at 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 Agatha Christie's stories, "Wasps' Nest," "The Witness for the Prosecution," and "The Jewel Robbery at the Grand Metropolitan." Copies available at the Hopewell Branch Reference Desk. **Please email hopeprogs@mcl.org or call 609.737.2610 to register.**

Concerts in the Park, Band TBD: Wednesday, July 26, 6:30pm at Woolsey Park. Parking opens at 5:30pm. Bring the family and friends together to enjoys some live music. Free Event.

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 July 6—August 24. 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 Monday, Monday, July 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 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, July 19, 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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SUNGLASSES
UMBRELLA

BATHING
BEACHBALL
BUG
CREAM
SAND
SHOVEL
SUN
SUNSCREEN
VERA

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