



Senior Spirit

Hopewell Valley Senior Newsletter

August 2023, Vol. 17, No. 8

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Hopewell Valley Residents ONLY!



Thursday, September 7, 2023

(rain date Thursday, September 14th)

12 noon – 2:00 pm

Sullivan's Grove,

Washington Crossing State Park

355 Wash Crossing Pennington Rd, Titusville



YELLOW Seniors! It's time to get ZESTY!

Hopewell Valley Senior Services and Hopewell Township Recreation invite you to the Annual Senior Picnic at Washington Crossing State Park.

Enjoy lunch, music and most importantly our friends. Join fellow Seniors as we **SQUEEZE** all we can out of our afternoon together!

Registration is **REQUIRED!** Call or email Senior Services by **Monday, August 28th**, 609-537-0236 or seniorservices@hopewelltwp.org



Hopewell Valley Senior Services



Senior News

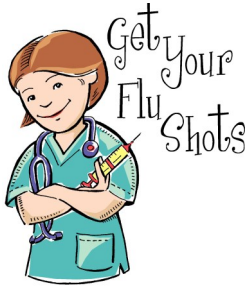
Important Dates:

Monday, August 21: National Senior Citizen's Day! This day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

CREAM KING MONDAY Benefitting Hopewell Valley Senior Foundation!! Monday, July 24th. Stop by Cream King and a portion of the proceeds will be donated to the Hopewell Valley Senior Foundation. The Hopewell Valley Senior Foundation is a 501(c)3 that supports programs for seniors through HV Senior Services.

Exciting Changes to Senior Services...Welcome MySeniorCenter to our Community!

The MySeniorCenter program will help streamline and make check-ins quicker for our programs! Every registered senior will receive a key tag to scan in for their programs. We will be moving away from paper sign-in sheets. Randi will be working through the exercise classes first for registrations then moving to the activities at the Senior Center. Anyone interested or attending any Senior Program should contact Randi if you need a key tag. Seniors will be able to register with myActiveCenter and register for programs such as the Senior Picnic and Birthday Breakfast at home online!



Hopewell Township Health Dept will be hosting **Flu Clinics** for residents. Hopewell Valley Senior Center clinic will be held on Friday, September 15 from 2:00pm to 5:00pm. Registration will be required. More clinic dates are being scheduled in September and October but are not confirmed at time of printing. More information will be available in the September Newsletter!



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

Wednesday, August 9: Movies in the Park: Lyle Lyle Crocodile, 8:30pm at Woolsey Park

Wednesday, August 23: Concerts in the Park: TBD, 6:30pm at Woolsey Park

Wednesday, September 13: Guys & Dolls, Dutch Apple Theatre, 9:30am—6:00pm

Tuesday, September 19: Grumpy Old Men, Surflight Theatre, 8:45am—6:30pm

August Events

Cribbage & Coffee: Tuesday, August 1, 10:00 am 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. **Space is limited; email hopeprogs@mcl.org or call 609.737.2610 to register.**

HPL Book Club: Tuesday, August 8th, 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: *Things Fall Apart* by Chinua Achebe.

Caregiver Support Group: Wednesday, August 9, 2:00 pm at Mercer County Library—Hopewell Branch. Support groups offer caregivers a little breathing space and a chance to just talk. If you are a caregiver for an older adult at home or in a facility, then please join us for our caregiver support group facilitated by Steven Guarino Senior, Well-Being Specialist for Oaks Integrated Care. *This program is funded through the Older Americans Act and Mercer County Office on Aging/ADRC.* **Please email hopeprogs@mcl.org or call 609.737.2610 to register.**

The Short of It: James Joyce: Thursday, August 10, 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 James Joyce's stories, "The Sisters," "Araby," and "Eveline." Copies available at the Hopewell Branch Reference Desk.

Hidden Gardens of Hopewell Valley: 2023 Garden Tour: Saturday, August 19th, 10:00 am - 3:00 pm. Come to the Hopewell Public Library to pick up your ticket, then head to 8 stunning locations throughout Hopewell Valley. Tour 4 gardens in Hopewell Borough, 1 in Pennington, and 3 in Titusville. This year, many of these fabulous gardens focus on native plants, and one location in Titusville has recently been awarded a historical plaque by the Hopewell Valley Historical Society! Tickets are \$25 in advance or \$35 the day of the tour. Register at tinyurl.com/HPLGarden23. All proceeds benefit programming at the Hopewell Public Library.

Senior Ice Cream Social: Monday, August 21, 1:30—2:30pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Monday, August 21st is National Senior Citizen's Day, join Hopewell Valley Senior Services as we celebrate YOU! The event is FREE but registration is required, space is limited,. To register, please call or email Senior Services, seniorservices@hopewelltpw.org or 609-537-0236 by August 11th. This event is open to Hopewell Valley Residents ONLY!

Craftastic Adults: Pressed Flower Greeting Cards: Wednesday, August 30, 10:00 am at Mercer County Library—Hopewell Branch. We'll use pressed flowers to create unique greeting cards to give to your friends and family for any occasion. All materials will be provided. **Space is limited; please email hopeprogs@mcl.org or call 609.737.2610 to register.**

Senior Art Show: Wednesday , September 6, 3:00—5:00pm at the Mercer County Library—Hopewell Branch. Join us for the opening of the Artists' Choice Art Show at the Mercer County Library-Hopewell. Tour the beautiful art painted by our Hopewell Valley senior art group. No registration required. Paintings will remain in the library for the month of October. Refreshments are provided by Brandywine Living in Pennington.

Senior Picnic: Thursday, September 7, 12:00pm-2:00pm Washington Crossing State Park, Sullivan's Grove, 355 Washington Crossing Pennington Rd, Titusville. Rain date for the event will be on Thursday, September 14th. Registration is REQUIRED, call or email Senior Services, seniorservices@hopewelltpw.org or 609-537-0236. Registrations are due by Monday, August 28th. This event is open to Hopewell Valley Residents ONLY.

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 31 (no class 7/27). 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 July 7- August 25 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@hopewelltpw.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.

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 4 will run from August 16—October 4, To register, email seniorservices@hopewelltpw.org or call 609-537-0236.

Senior Advisory Board—Third Wednesday, CANCELED Wednesday, August 16, 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@hopewelltpw.org



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 chocolate

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 whipped cream
 butterscotch
 happiness
 creamy
 vanilla

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 sundae
 hot fudge
 thrilling
 ingredients
 scoop

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