



# Senior Spirit

Hopewell Valley Senior Newsletter

September 2023, Vol. 17, No. 9

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## FLU SHOT CLINICS

**2023 Fall Schedule**

**HOPEWELL TOWNSHIP HEALTH DEPARTMENT**

*Serving Hopewell Township and The Boroughs of Pennington & Hopewell*



**Scan QR to sign up**

Register here for any date below: <https://wegmansnewjerseydivision.fullslate.com/>

*Vaccination open to children ages 3+ with parent/guardian*

### **Standard quadrivalent and Senior Doses available**

*\*Residents should bring all insurance cards, Prescription and Medical\**

*\*Seniors: Medicare B and all prescription cards\**

Uninsured? Vaccination is free for residents of Hopewell Valley (with proof of residency) \$40 non-residents (credit card only)

**Friday, September 8th - 10am - 2pm**

Hopewell Township Municipal Building  
(201 Washington Crossing Pennington, Titusville)

**Friday, September 15th - 2pm - 5pm**

Hopewell Valley Senior Center  
(395 Reading Street, Pennington)

**Tuesday, October 3rd - 3pm - 7pm**

Hopewell Township Municipal Building  
(201 Washington Crossing Pennington, Titusville)

**Tuesday, October 17th - 3pm - 7pm**

Pennington Borough Municipal Building  
(30 North Main Street, Pennington)

**Questions?** Email [vaccines@hopewellwp.org](mailto:vaccines@hopewellwp.org) or call 609-537-0216

**Important Dates:**

**Important Dates:**

**Monday, September 4:** Labor Day, Government Offices and Senior Center CLOSED

**Monday, September 11:**



**Saturday, September 16:**



**Saturday, September 23:** Fall Begins



**Monday, September 25:**



  
**HOPEWELL TOWNSHIP**  
Parks & Recreation Department

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

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

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

**Hopewell Valley Senior Center:** 395 Reading Street, Pennington

**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](mailto:seniorservices@hopewelltwp.org)

## September Events

**Painting Party for Senior Picnic!** Tuesday, August 29, 1:30pm at the Hopewell Valley Senior Center. Join our Artists' Choice group as we help Senior Services prepare for the Senior Picnic by painting some rocks to be used as weights for the events. Supplies will be provided. Please register with Senior Services if you are interested.

**Evening Under the Stars:** Saturday, September 2, 4:00pm Car Exhibit, 6:00pm Band, 8:15 Fireworks at Woolsey Park, Titusville. Bring your lawn chair and enjoy the evening, Refreshments will be available to purchase.

**Cribbage & Coffee:** Tuesdays, September 5 & 19, 10:00 am at the Mercer County Library -Hopewell Branch. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards -- and light refreshments -- will be provided. **Space is limited; please email [hopeprogs@mcl.org](mailto: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 September. Refreshments are provided by Brandywine Living in Pennington.

**Speaker Series: Memories of the Hopewell Quarry: Stones to Swimming with Doug Dixon:** Wednesday, September 6th, 7:00 - 8:30 pm at the Hopewell Presbyterian Church, 80 West Broad Street, Hopewell, NJ 08525. Local historian Doug Dixon will present the early history of the site as a stone quarry, followed by a panel session with current and past owners and friends discussing memories of the quarry as a swimming club. The talk will be illustrated with historical photos, videos, newspaper clippings, and maps.

**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@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org) or 609-537-0236. Registrations are due by Monday, August 28th. This event is open to Hopewell Valley Residents ONLY.

**Mahjong in the Morning:** Fridays, September 8 & 22, 10:00 am at the Mercer County Library -Hopewell Branch. Open for players of all levels with a basic understanding of game play. We play with the National Mahjong League (NMJL) 2023 card and rules. Players with mahjong sets are encouraged to bring them as the library has a limited number to loan. **Please email [hopeprogs@mcl.org](mailto:hopeprogs@mcl.org) or call 609.737.2610 to register.**

**Understanding the POLST Form:** Friday, September 8, 10:00 am at the Mercer County Library -Hopewell Branch.

The Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patient treatment wishes are properly communicated to their healthcare team, which promises to honor those wishes. Princeton Health Community Wellness, will discuss the POLST form. This program is offered through the Penn Medicine Princeton Health Community Wellness Program. **Please email [hopeprogs@mcl.org](mailto:hopeprogs@mcl.org) or call 609.737.2610 to register.**

**Foraging Forest Tour & Talk:** Wednesday, September 13th, 1:30 pm -3:30 pm at the Hopewell Park Gazebo. This tour will meet at the Hopewell Park Gazebo and walk to Sourland's foraging forest! The tour of the Foraging Forest will be conducted by Stewardship Coordinator Eric Williams and volunteer manager Sari Pehnke of the Sourland Conservancy. The tour will include descriptions of the plants in the area, history of the plants, and why we planted them in our garden. Part of the garden also includes pollinator plants which aren't great for eating, but are great for our pollinating insects. Eric and Sari are both incredibly knowledgeable, so please make sure to come with any questions you may have in regards to native plants in our local region. For more information about the Sourland Conservancy, please visit their website at [sourland.org](http://sourland.org).

**GrandPals Intro Meeting:** Tuesday, September 19, 10:00am at the Hopewell Township Municipal Building. We are looking for volunteers for our program starting in the fall at Bear Tavern Elementary School. Volunteers read to the Kindergarten students for one hour on Tuesday mornings. You'd join the class on a rotating basis reading stories (provided by the school library) to 2 or 3 students. Optional additional program after reading, our 1st grade struggling readers will read to you for a half hour! Fingerprinting is required but reimbursable through the School District if you are a new volunteer. Registration Requested, please call or email Senior Services, 609-537-0236 or [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org).

**Taking Steps to Preserve your Mobility:** Wednesday, September 27, 11:00am at the Jag-One Physical Therapy, 10 NJ-31 North, Community Room, Pennington, NJ 08534. Learn the basics of normal joint structure and function; signs and symptoms of common overuse conditions including arthritis; and prevention, management, and treatment of those conditions. Registration Requested, please call or email Senior Services, 609-537-0236 or [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org).

### Ongoing Events

**Active Aging Exercise Class—Thursdays**, 9:00am—9:50am AND 10:00am—10:50am at Hopewell Township Municipal Building. Session 5 begins on September 7th—October 26th. 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 September 1st—October 27th (no class on September 15th). Registration Required. \$20/8 week session, cash or check payable to HT Recreation. Please contact Senior Services if you are interested.

**Creative Well-Being—Tuesdays**, 1:00pm- 2:00pm at the Hopewell Township Municipal Building. Session 3 runs from August 29—October 17. 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](mailto:seniorservices@hopewelltwp.org).

**Just Games—Wednesdays**: 1:00pm—3:00pm at the Hopewell Valley Senior Center. Join us as we introduce our new social program of game day! Gather with friends and play games! We are playing Cards, Cribbage, Rummikube and others. Have an interest in learning something new? Suggestions are welcomed!

**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.

**Monday Afternoon Book Group**: Monday, September 11, 2:00 pm at the Mercer County Library -Hopewell Branch. All are welcome to discuss *Lessons in Chemistry* by Bonnie Garmus.

**Newsletter Folding- Third Monday**, Monday, September 18, 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 4 will run from August 16—October 4, To register, email [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org) or call 609-537-0236.

**Senior Advisory Board—Third Wednesday**: Wednesday, September 20, 2:00pm at the Hopewell Valley Senior Center.

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

**The Short of It: Virginia Woolf**: Wednesday, September 27, 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 Virginia Woolf's stories, "Kew Gardens," "The New Dress," and "The Widow and the Parrot: A True Story." Copies available at the Hopewell Branch Reference Desk.



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gym

bus

bell

lunch

chalkboard

pencil

art

grades

computer

recess

desks

school

music

semester

classroom

reading

books

algebra

hallway

globe

math

crayons

geometry

principal

friends

paint

teacher

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