



# Senior Spirit

Hopewell Valley Senior Newsletter

October 2023, Vol. 17, No. 10

## Contents

2 Senior News

3 October  
Programs

4-5 Calendar

6 Ongoing  
Programs

7 Hello Fall  
Word Find

8 Useful Phone  
Numbers



**Best wishes on your birthday from  
Hopewell Township Parks & Recreation  
and Hopewell Valley Senior Services!**

## *Birthday Breakfast*

**Hopewell Valley Golf Club**

**Friday, October 13th, 2023 at 9:00 am**

RSVP no later than September 29<sup>th</sup> by calling or emailing Senior Services, (609) 537-0236, [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org)

**Please join us for a birthday breakfast  
in your honor, along with other  
Hopewell Valley Seniors celebrating birthdays  
in the months from July - December.**

**(We welcome and encourage spouses and guests,  
at a cost of \$20, which may be paid at the door.)**

**Please do not arrive before 8:45am.**

## Senior News

### Important Dates:

### Important Dates:

**Monday, October 9:** Columbus Day,  
Government Offices & Senior Center CLOSED



**Sunday, October 15:** Medicare Open Enrollment Begins!



**Monday, October 31:**



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

**Some Like it Hot:** Wednesday, October 11th 10:00am—7:30pm, Broadway

**Simply the Best, A Tribute Show to Tina Turner:** Thursday, October 19th 10:00am—4:30pm at Hunterdon Hills Playhouse

**9/11 Ground Zero All Access Tour:** Wednesday, October 25th 9:00am—5:30pm

**Festival of Trees & Peddlers Village:** Friday, November 17th 9:45am—5:15pm

**Doo Wop Christmas:** Thursday, November 30th 10:15am—8:00pm at The Tropicana

**Radio City Christmas Spectacular:** Wednesday, December 6 10:00am—6:00pm

**The First Noel:** Wednesday, December 13th 9:30am—6:30pm at American Music Theatre

**NYC Holiday Trip:** Sunday, December 17 10:00am—8:00pm

**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)

## October Events

**Stitch 'n' Knit:** Tuesday, October 3rd, 2:00 - 4:00 pm at the Hopewell Public Library, 13 East Broad Street, Hopewell, NJ 08525. The Hopewell Public Library is happy to host a knitting club again for all interested adult patrons. Come to the library to socialize and work on your current knitting projects with Nina Lane! [Register](#) at [redlibrary.org/events](http://redlibrary.org/events)! For more information, contact Sara Schoonover at [sschoonover@redlibrary.org](mailto:sschoonover@redlibrary.org).

**HPL Book Club :** Tuesday, October 3rd, 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 selection, *Riverman: An American Odyssey* by Ben McGrath.

**Amazing Pumpkin Carve:** Wednesday, October 11- Sunday, October 15, Woolsey Park. The 9th Annual Amazing Pumpkin Carve will feature **massive 150+ pound pumpkins**, outrageously carved by local artists! This is a walking through event only this year. Be wowed by 30 massive creative pumpkins illuminated in tents, Visit the firepits with storytellers and s'mores after your tour through the pumpkins. Early Bird ticket pricing is available! The Pumpkin Carve is a rain or shine event, unless there is dangerous weather predicted. Tickets are available at the gate or online in advance. <https://hvarts council.org/amazingpumpkincarve/>

**Fall Birthday Breakfast:** Friday, October 13th, 9:00am—11:00am at the Hopewell Valley Golf Club. Please join us for a birthday breakfast in your honor, along with other Hopewell Valley Seniors celebrating birthdays in the months from July through December. We welcome and encourage spouses and guests to attend at a cost of \$20, which may be paid at the door. **Registration is required, please call or email Senior Services by Friday, September 29th, [seniorservices@hopewelltwp.org](mailto:seniorservices@hopewelltwp.org) or 609-537-0236.** Space is limited.

**Mahjong in the Morning:** Fridays, October 13 & 27, 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 Mah Jongg League (NMJL) 2023 card and rules. Players with mah jongg 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.

**Medicare Renewal Assistance: Open Enrollment begins October 15th through December 7th!** Mercer County State Health Insurance Assistance Program (SHIP) Team has counselors available to provide free assistance to NJ Medicare beneficiaries, who have problems with, or questions about, their Medicare insurance and supplemental insurance. **BY APPOINTMENT ONLY.** To schedule an appointment, please contact Kelly Ott, SHIP Coordinator, at (609) 273-0588 or email [kott@Chsofnj.org](mailto:kott@Chsofnj.org)

**Cribbage & Coffee:** Tuesdays, October 17 & 31, 10:00 am. Join us at the Mercer County Library—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.

**Adult Craft: Spooky Plant:** Wednesday, October 25, 10:00 am at the Mercer County Library—Hopewell Branch. Join us to make a Beetlejuice-inspired spooky "plant". All materials will be provided. **Space is limited; please email [hopeprogs@mcl.org](mailto:hopeprogs@mcl.org) or call 609.737.2610 to register.**

### 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 8th—November 3rd (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 5 runs from September 5th—October 24th. 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, October 2, 2:00 pm at the Mercer County Library-Hopewell Branch. All are welcome to discuss *Foster* by Claire Keegan.

**Newsletter Folding- FOURTH Monday**, Monday, October 23, 12:00 noon at the Hopewell Valley Senior Center. Help Senior Services prepare the monthly newsletter mailing to over 600 Hopewell Valley seniors.

**Qigong—Wednesdays**, 1:30pm—2:30pm at Hopewell Township Municipal Building. Qigong is an exercise of co-ordinated 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, October 18, 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, October 25, 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 Daphne du Maurier's stories, "The Birds" and "Don't Look Now." Copies available at the Hopewell Branch Reference Desk.



C E P K U X Y D A O F Q F B I Y V P R M V F C T  
V W N O P H X B R A T Y T W F R N T M H U T R J  
I L E A F S S A E A P W K G V A D G M F S I Z K  
S F R E A N N G E F J P S H W C V I H N P E J U  
J S V U K G K H O C R W L Y A S E Z Y E E A R H  
L L I X E S W O Q L I E D E L R W U S K C R M F  
E L W X Z J T P O Y B N L Y R O V W R K X A C W  
R O Q O X B U E E F I R O A R L E E E L F I A M  
R O G N A M N L R W Y L E C X A Q T S Q P N A F  
I H F L P O L O C R O W E E T I B O K T I T O I  
U C L K C O S L X A F R C E Z C N O O D E T B R  
Q S I E W T T G Y H A E R N G Y I G U F A R K E  
S N N R Y W N L S C D D D X V E E R T R A S I S  
U I W L U I L A S I O A E N R N U C X N F O N I  
P L Y W K I U M R G U Q I R U O R C C S P G V D  
X I Y A H Q D Y S S G G S T C W N H D B Q G U E  
A G R C S F A R P U T Z S S I I O L A I P Y X Y  
S Z L V F H H O I N N Q G N B R O W N C X R C H  
O J N Z M U C N C F A C D O B C K K E Q O C O Y  
R B Y V J O W T E L R R O L L M D A C U R R P N  
S J V K R K O I S O B J U Z B D Q U I R U S N I  
R N B N T Z R G R W I N L M Y R O C L O U D S A  
R G R A Y J U N Y E V E R A L U C A T C E P S R  
V T I L N O O M P R C C O O L I N G B R I G H T

hayride	football	branch	nuts	wheat	crow	owl
squirrel	pinecone	sweater	jacket	wind	rain	clouds
sunflower	scarecrow	harvest	squash	corn	acorn	pie
apple	tree	leafs	yellow	red	windy	brown
vibrant	spectacular	soggy	scary	ripe	relaxing	raking
rainy	spices	pumpkin	orange	moonlit	gray	gold
frosty	fresh	fireside	cozy	cooling	cold	chilly
bright	breezy	school				

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