



Senior Spirit

Hopewell Valley Senior Newsletter

November 2023, Vol. 17, No. 11

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Fall Play Preview



Peter and the Starcatcher is a play based on the 2004 novel Peter and the Starcatchers. The play provides a backstory for the characters of Peter Pan, Mrs Darling, Tinker Bell and Hook. A young orphan and his mates are shipped off from Victorian England to a distant island ruled by the evil King Zarboff. They know nothing of the mysterious trunk in the captain's cabin, which contains a precious, otherworldly cargo. At sea, the boys are discovered by a precocious young girl named Molly, a Starcatcher-in-training who realizes that the trunk's precious cargo is starstuff, a celestial substance so powerful that it must never fall into the wrong hands. When the ship is taken over by pirates – led by the fearsome Black Stache, a villain determined to claim the trunk and its treasure for his own – the journey quickly becomes a thrilling adventure.

Wednesday, November 1, 2023
Hopewell Valley Central High School PAC

1:00pm: Sweet Treats from the
Hopewell Valley Education Foundation
(Space is limited)



1:50pm: Play Preview Begins



Registration is required for 1:00pm event.
Contact HV Senior Services, 609-537-0236 or
seniorservices@hopewelltwp.org

Senior News

Important Dates:

Tuesday, November 7: Election Day, Senior Center is CLOSED



Friday, November 10:



Government Offices and Senior Center CLOSED
(Observed)

Thursday, November 23:



Government Offices and Senior
Center CLOSED

Friday, November 24: Government Offices and Senior Center CLOSED



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

Pickup/Drop Off Location is at Independence Park,
10 Stephenson Rd, Pennington, NJ 08534.

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 6th 10:00am—6:00pm

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

NYC Holiday Trip: Sunday, December 17th 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@hopewelltpw.org

November Events

Fall Play Preview: Wednesday, November 1, 1:00pm or 1:50pm. Peter and the Starcatcher is a play based on the 2004 novel Peter and the Starcatchers. The play provides a backstory for the characters of Peter Pan, Mrs Darling, Tinker Bell and Hook. A young orphan and his mates are shipped off from Victorian England to a distant island ruled by the evil King Zarboff. They know nothing of the mysterious trunk in the captain's cabin, which contains a precious, otherworldly cargo. At sea, the boys are discovered by a precocious young girl named Molly, a Starcatcher-in-training who realizes that the trunk's precious cargo is starstuff, a celestial substance so powerful that it must never fall into the wrong hands. When the ship is taken over by pirates – led by the fearsome Black Stache, a villain determined to claim the trunk and its treasure for his own – the journey quickly becomes a thrilling adventure. Join us at 1:00pm for some sweet treats provided by the Hopewell Valley Education Foundation followed by the Fall Play Preview at 1:50pm. **Registration is required to Senior Services for the 1:00pm event and requested for the play preview, 609-537-0236 or seniorservices@hopewelltp.org.**

Mahjong in the Morning: Fridays, November 3 & 17, 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. **Please email hopeprogs@mcl.org or call 609.737.2610 to register.**

Stitch 'n' Knit: Tuesday, November 7, 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](https://redlibrary.org/events) at redlibrary.org/events! For more information, contact Sara Schoonover at sschoonover@redlibrary.org.

HPL Book Club: Tuesday, November 7, 6:30 - 8:00 pm at the Hopewell Public Library, 13 East Broad Street, Hopewell, NJ 08525. The HPL book club will meet to discuss their latest literary selection: *Horse* by Geraldine Brooks.

Caregiver Support Group: Wednesday, November 8, 2:00 pm at the 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 Co. Office on Aging/ADRC.* **Please email hopeprogs@mcl.org or call 609.737.2610 to register.**

Speaker Series: Wednesday, November 8th, 7:00 pm at the Hopewell Presbyterian Church Fellowship Hall, 80 West Broad Street, Hopewell, NJ 08525. The library's next Speaker Series event will take place on Wednesday, November 8th. Please check our website redlibrary.org for more details!

Veterans Day Memorial Ceremony: Saturday, November 11, 11:00am at Woolsey Park. Bring your lawn chairs for the ceremony.

Cribbage & Coffee: Tuesdays, November 14 & 28, 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 or call 609.737.2610 to register.**

Osteoporosis Information Presentation: Wednesday, November 29, 11:00am at Jag-One Physical Therapy, 10 Route 31 North (across from Pennington Pizza and Goodwill Store) . Do you want to learn more about **OSTEOPOROSIS** and how to stay strong? It's about more than drinking milk! Join Maggie Webster, PT, DPT, and learn about what osteoporosis is, the risk factors for developing it, how to help prevent it. When attending the presentation, pull in the parking lot for Jag-One and continue straight and around the building to the side parking lot. The presentation will be held through the double glass doors.

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 November 2—December 28. 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 \$20/7 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 November 17—December 29 (no class November 24) Registration Required. \$18/6 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 October 31st—December 19th. 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.

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, November 6, 2:00 pm at the Mercer County Library-Hopewell Branch. All are welcome to discuss *Horse* by Geraldine Brooks.

Newsletter Folding— Third Monday, Monday, November 20, 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 coordinated body posture, movement, breathing and meditation. Qigong is practiced for recreation, exercise, relaxation, preventative medicine, meditation and more....Session 4 will run from October 11—November 29, To register, email seniorservices@hopewelltp.org or call 609-537-0236.

Senior Advisory Board—Third Wednesday: Wednesday, November 15, 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: Simon J. Ortiz: Wednesday, November 29, 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 Simon J. Ortiz' stories, "The San Francisco Indians," "The End of Old Horse," and "A Story of Rios and Juan Jesus." Copies available at the Hopewell Branch Reference Desk.

HAPPY THANKSGIVING



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pies
 friends
 mac and cheese
 dessert
 massachusetts
 ham
 thursday
 colonists

black friday
 family
 gravy
 country
 football
 bread
 celebration
 thanksgiving

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