



Senior Spirit



Hopewell Valley Senior Newsletter

December 2023, Vol. 17, No. 12

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HOPEWELL VALLEY
SENIOR CENTER

Happy New Year! party

DECEMBER 29, 1:00 PM

REGISTRATION REQUESTED,
609-537-0236 OR
SENIORSERVICES@HOPEWELLTWP.ORG

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Senior News

Important Dates:

Friday, December 1: Pennington Borough Holiday Walk



Monday, December 4: Hopewell Township Tree Lighting, 6:00pm
Hopewell Township Municipal Building
201 Washington Crossing Pennington Road



Thursday, December 7: Pearl Harbor Remembrance Day



Friday, December 8: Hanukkah Begins



Thursday, December 21: Winter Solstice



Monday, December 25:



Tuesday, December 26: Hopewell Township and Senior Center
are CLOSED, Christmas Holiday



Sunday, December 31: New Year's Eve



HOPEWELL TOWNSHIP
Parks & Recreation Department

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.**

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 Borough Public Library: 13 East Broad Street, Hopewell

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

December Events

HOPEWELL VALLEY PROGRAMS:

Pennington Borough Holiday Walk: Friday, December 1 at 6:00pm-9:00pm. Meet at Howe Commons, 65 South Main Street, Pennington.

Hopewell Township Tree Lighting- Monday, December 4, 6:00pm. Join us at the Hopewell Township Municipal Building as we acknowledge Communities of Light, light our holiday tree and menorah.

End of Year Celebration: Friday, December 29, 1:00pm at the Hopewell Valley Senior Center. Join Senior Services as we celebrate the end of 2023 and look to 2024! Spend the afternoon with friends and enjoy some light refreshments. Registration is requested by Wednesday, December 20th to Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org.

HOPEWELL BOROUGH PUBLIC LIBRARY: 13 East Broad Street, Hopewell

To register go to redlibrary.org/events or call 609-466-1625.

Holiday Open House December 3, 1:00-4:00 pm at the Hopewell Public Library. Come to the Hopewell Public Library for our annual Holiday Open House, our biggest event of the year! Enjoy homemade refreshments and musical entertainment while you peruse our collection, review 2023 programming, and see what we have in store for next year!

Stitch 'n' Knit: Tuesday, December 5, 2:00 - 4:00 pm at the Hopewell Public Library. The Hopewell Public Library is happy to host a knitting club again for all interested adults. Come to the library to socialize & work on your current knitting projects with Nina Lane!

HPL Book Club: A Winter Evening of Poetry: Tuesday, December 5, 7:00-8:00pm at The Hopewell Public Library. The HPL book club will meet to discuss their latest literary endeavor: poetry! Please bring a poem for the group to read and discuss!

Speaker Series: The Old School Baptist Meeting of Hopewell: New Research, Investigations, and Plans for the Future: Wednesday, December 13th, 6:45-8:30 pm at **The Sanctuary of the Hopewell Presbyterian Church, 80 West Broad St, Hopewell, NJ 08525.** Please join us for a panel presentation on Hopewell's Old School Baptist Church Meeting House. In the last few years local historical researchers and preservation experts have been finding out more about the history of the nationally important Old School Baptist Meeting House and its congregation, founded in the early 1700's. Come and hear about what is being uncovered. Ian Burrow will share the current understanding of the history of the site - including the recent findings on the graveyard. The presentation will take place in the sanctuary of the Hopewell Presbyterian Church, located at 80 W Broad St, Hopewell, NJ 08525. This event is brought to you by the Hopewell Public Library, the Hopewell Museum, the Hopewell Valley Historical Society, and the Old School Baptist Trustees.

MERCER COUNTY LIBRARY-HOPEWELL BRANCH: 249 Penn-Titusville Road, Pennington

To register please call 609-737-2610 or email hopeprogs@mcl.org

Memory Screenings: Friday, December 1, 10:00 am - 12:00 pm at the Mercer County Library—Hopewell. Penn Medicine/Princeton Health is offering memory screenings at the Hopewell Branch. Take this opportunity to get a memory screening, which consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. The 15-minute screenings and review of the results are both confidential. This program is offered through the Penn Medicine Princeton Health Community Wellness Program. **Registration is required.**

Cribbage & Coffee: Tuesdays, December 5 & 19, 10:00 am at the Mercer County Library—Hopewell. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards -- and light refreshments -- will be provided. **Space is limited.**

Mahjong in the Morning: Fridays, December 8 & 15, 10:00 am at the Mercer County Library—Hopewell. 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.

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**. The 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 of 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 December 15) 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@hopewelltwp.org.

Just Games—Wednesdays: 1:00pm—3:00pm at the Hopewell Valley Senior Center. Join us as we introduce our new social program- 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 welcome!

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 Club: Monday, December 4, 2:00 pm at the Mercer County Library—Hopewell. All are welcome to discuss *Lady Tan's Circle of Woman* by Lisa See.

Newsletter Folding- Third Monday, Monday, December 18, 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 December 6—January 24. To register, email seniorservices@hopewelltwp.org or call 609-537-0236.

Senior Advisory Board—Third Wednesday: Wednesday, December 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: Joy Williams: Wednesday, December 20, 2:00 pm at the Mercer County Library—Hopewell. 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 Joy Williams' stories, "The Girls," "Taking Care," and "Winter Chemistry." Copies available at the Hopewell Branch Reference Desk.

happy HOLIDAYS!

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STOCKING

FIREPLACE

GRINCH

MITTENS

SLEDDING

JOY

HAPPY NEW YEAR

UGLY SWEATER

NOEL

JINGLE BELLS

GIFTS

BOOTS

PRANCER

SILENT NIGHT

FROSTY

REINDEER

PARTIES

COOKIES

FRIENDS

FAMILY

HOLIDAY BREAK

BLIZZARD

SNOWMAN

DRADLE

MERRY CHRISTMAS

SNOWFALL

COLORED LIGHTS

HANUKKAH

KWANZAA

CHRISTMAS

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