



Senior Spirit

Hopewell Valley Senior Newsletter

January 2023, Vol. 18, No. 1

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Hopewell Valley Senior Fair:

Your Home in Retirement and Beyond....

Bring a donation for the HV Food Pantry!



FRIDAY, JANUARY 26, 2024

STOP IN BETWEEN 11:00 am - 1:00 pm

**Hopewell Township Municipal Building Auditorium
201 Washington Crossing-Pennington Road, Titusville**

**Providing Resources on: Home Improvements,
Assisted Livings, Healthcare, Homecare,
Nutrition Resources, Downsizing,
Transportation, Estate Planning and more...**

**Lunch will be provided by
Brandywine Living at Pennington!
No Registration Required**

Senior News

Important Dates:

Monday, January 1:



New Years Day!

Government Offices and Senior Center are CLOSED

Saturday, January 6: Hopewell Township Rabies Clinic



Monday, January 15: Martin Luther King Jr. Day, Government Offices and Senior Center are CLOSED



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

Pickup/Drop Off Location:

Independence Park

10 Stephenson Rd, Pennington, NJ 08534.

St. Patrick's Day Celebration—From Ireland to America: Wednesday, March 13, 10:30am—4:30pm at The Shore Club at Spring Lake

HOPEWELL VALLEY SENIOR SERVICES

HOPEWELL VALLEY JANUARY PROGRAMS/EVENTS:

Hopewell Township Rabies Clinic: Saturday, January 6, 9:00am—12:00 noon at Hopewell Township Public Works, 203 Washington Crossing Pennington Road, Titusville. No registration or residency restrictions.

Senior Fair: Your Home in Retirement and Beyond! Friday, January 26 11:00am—1:00pm at the Hopewell Township Building, 201 Washington Crossing Pennington Road, Titusville. Join us as we explore living after retirement, whether it is staying in your home, senior communities, or assisted living. We will have options for various services to help you through it all. Lunch provided by Brandywine Senior Living in Pennington. No registration required.

EXERCISE CLASSES: Hopewell Township Municipal Building, 201 Washington Crossing Pennington Rd. **Active Aging Exercise Class—Thursdays**, 9:00am—9:50am (in-person) AND 10:00am—10:50am (in-person and Zoom) at Hopewell Township Municipal Building. New Session will begin January 4—February 22. Registration required. Please contact Senior Services if you are interested in the **9:00am class ONLY or 10:00am ZOOM**. The 10:00am class is full. Fee for the class is \$25/8 week session, checks only, payable to HV Senior Foundation.

Chair Yoga—Fridays, 1:30pm—2:15pm and 2:30pm—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 January 5—February 23. Registration Required. \$25/8 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 New Session will begin January 2—February 20. Join us for this fun innovative exercise class that focuses not only on movement but mindfulness and creativity. Fee for the class is \$25/8 week session, cash or check made payable to HT Rec. To register, call Senior Services 609-537-0236 or seniorservices@hopewelltwp.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. Free Program.

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....To register, email seniorservices@hopewelltwp.org or call 609-537-0236. Free Program.

SENIOR CENTER ACTIVITES: HV Senior Center, 395 Reading Street, Pennington

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!

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

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.

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!

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.

Senior Advisory Board—Third Wednesday: Wednesday, January 17, 2:00pm, at the Hopewell Valley Senior Center.

Mahjong—Thursdays, 1:30pm—3:30pm at the Hopewell Valley Senior Center. Enjoy a game of Mahjong with friends. Beginners are welcome.

PUBLIC LIBRARY EVENTS/PROGRAMS

HOPEWELL BOROUGH PUBLIC LIBRARY: 13 East Broad Street, Hopewell

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

Stitch 'n' Knit: Tuesday, January 2, 2:00 - 4:00 pm. The Hopewell Public Library is happy to host a knitting club 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! For more information, contact Sara Schoonover at sschoonover@redlibrary.org.

HPL Book Club: Tuesday, January 2, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection. The 2024 book list has not yet been voted upon, but it will be available soon at redlibrary.org/book-clubs!

Speaker Series: Martha McPhee: Wednesday, January 17, 7:00 - 8:30 pm. Please visit redlibrary.org/events for location information! Local, award-winning novelist Martha McPhee just published her first memoir, *Omega Farm*. Martha grew up on Omega Farm in Ringoes with her four sisters, five step siblings, mother, and stepfather, in a house filled with art, people, and the kind of chaos that was sometimes benevolent, sometimes more sinister. The pandemic brought Martha home again to her childhood farm to care for her ailing mother. With her husband and children in tow, Martha strives to nurture the present (along with a forest) while the past relentlessly asserts itself—even as Martha's mother, the person she might share her memories with or even try to hold to account, no longer knows who Martha is. A masterful exploration of a complicated family legacy and a powerful story of environmental and personal repair, we felt this candid account would be one our community would find relatable as it raises so many urgent issues that impact women, teens, parents, families and backyard ecosystems everywhere. Martha will be presenting a live-narration of family photographs taken by her mother, the renowned Princeton photographer, Pryde Brown, and which capture the people and the world that made Martha the riveting truth-teller she is today.

Book Signing with Author Priti Tandon: Thursday, January 18, 1:00 - 3:00 pm at the Hopewell Presbyterian Church, 80 West Broad Street, Hopewell, NJ 08525. Priti Tandon is a local author, an Integrative Medical Practitioner, and a long-term practitioner of yoga and meditation. She has brought her daily reflections and yoga practice in the form of poetry and painting for all to enjoy and reflect on. Her arts and writings are inspired from teachings of Vedanta and Buddhism. During the event there will be a presentation, poetry recitation, discussion of the creative abstract paintings, the process of creation to publishing, question and answers, and book signing. Register for this event at redlibrary.org/events!

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

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

Mahjong in the Morning: Fridays, January 5 & 26, 10:00 am. 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. **Registration requested!**

Monday Afternoon Book Club: Monday, January 8, 2:00 pm. All are welcome to discuss *The Only One Left* by Riley Sager.

Cribbage & Coffee: Tuesdays, January 9 & 23, 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards -- and light refreshments -- will be provided. **Space is limited; registration is required!**

Annual Book Sale: Saturday, January 13 through Saturday, January 20, during library hours

Stop by the library for our annual book sale, sponsored by the Friends of Hopewell Branch Library. Peruse our selection of children's and adult books, CDs, and DVDs for some fun finds, or bring home some old favorites. Book sale is open during library hours. Proceeds go toward funding programs at the Hopewell Branch Library.

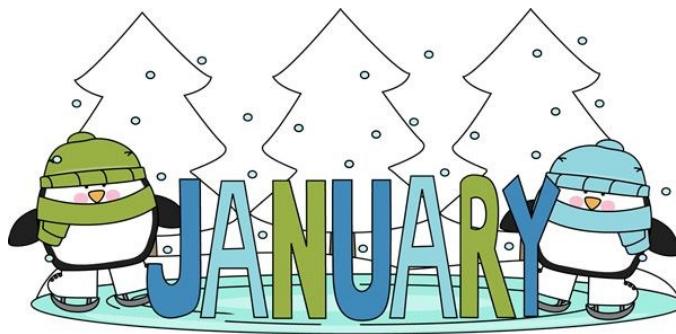
The Short of It: Jack London: Wednesday, January 17, 2:00 pm. The short story -- short in length, but full of content! Join our discussion group, which focuses on the short story. This month we'll read Jack London's stories, "To Build a Fire," "Love of Life," and "An Odyssey of the North." Copies available at the Hopewell Branch Reference Desk.

Crafting with Recyclables: Wine Bottle Art: Wednesday, January 31, 2:00 pm. Make a decorative wine bottle with decoupage paper doilies and images. All materials will be provided. **Space is limited; registration is required!**

PENNINGTON PUBLIC LIBRARY: 30 North Main Street, Pennington

For all events and to register: <https://www.penningtonlibrary.org/events>

Questions?: Phone: 609-737-0404 or email: librarian@penningtonlibrary.org



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WINTER	NIPPY	FROSTBITTEN	EARMUFFS	BOBSLED
SLEET	HOCKEY	MUG	AVALANCHE	MELT
SLUSH	BOOTS	IGLOO	WHITE	LAYERS
SHOVEL	FROSTY	FLANNEL	JANUARY	COZY
SNOWMAN	GLOVES	HAT	SCARF	BLUSTERY
FLAKES	COCOA	HOT	HEART	WARM
FREEZING	COLD	SNOW		

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