



Senior Spirit

Hopewell Valley Senior Newsletter

February 2024, Vol. 18, No. 2

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AARP Tax-Aide



AARP Foundation Tax-Aide (by appointment only)
Mercer County Library-Hopewell Branch
245 Pennington Titusville Road, Pennington

Free tax preparation from AARP Tax-Aide at Hopewell Branch of Mercer County Library; call 609.737.2610 for appointments:

Tuesdays, February 6 to April 16, 2024

AARP trained tax preparers focus on low and moderate income returns, but we can prepare most personal returns within training guidelines.

We e-file Federal and state returns;
also fill out PTR ("Senior Freeze") forms.

**Registration is required.
Please call 609.737.2610 to make an appointment**



Senior News

Important Dates:

Saturday, February 10: Lunar/Chinese New Year



Monday, February 12: Lincoln's Birthday, Hopewell Township Building and Senior Center are CLOSED!



Tuesday, February 13: Fat Tuesday/Mardi Gras



Wednesday, February 14: Valentine's Day/Ash Wednesday



Monday, February 19: Presidents 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 SENIOR PROGRAMS:

Senior Play Preview—Wednesday, March 6 1:50pm at the HV Central High School Preforming Arts Center. Join fellow seniors while enjoying a sneak peak performance of the High School Spring Play, How to Succeed in Business without Really Trying. Registration is requested, call or email Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org.

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 dates 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 (FULL) and 2:30pm—3:15pm at Hopewell Township Municipal Building. We'll practice simple & effective Hatha Yoga asanas (postures), both seated and standing. Movements are done mindfully within each individual's capacity while making any adjustments if needed. Some yogic breathing, mudras & meditation will also be an integral part of the class. Practitioners may leave feeling both peaceful and invigorated at the end of class. Will run from 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. New session dates are January 2—February 20. This class incorporates diverse practices that engages us socially, cognitively, creatively, & physically while having fun at the same time. Taught by a former professional dancer who has worked with different populations throughout the years, Shirin has in more recent years focused on the wellness of the senior population. Engage, stay active, be supportively together, & enjoy! 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. Bridge will be held on **Wednesdays, February 14 and February 21** due to the Senior Center closures on those Mondays.

Newsletter Folding—Third TUESDAY, Tuesday, February 20, 12:00 noon at the HV Senior Center.

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 HV 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, February 6, 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, February 6, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *A Constellation of Vital Phenomena* by Anthony Marra.

Night Knitters : Wednesdays, February 7 and February 21, 6:30 - 8:00 pm at the Hopewell Public Library. "We knit at night!" Join a friendly group of knitters who want to knit at night! This group meets at the Hopewell Public Library every other Wednesday from 6:30-8:00 pm. This event can be attended in-person or virtually. Visit redlibrary.org/events for information about virtual attendance. [Register](#) at redlibrary.org/events.

Speaker Series: Dennis Waters Presents "Cunard Steamships and the Quest for Perfect Coal" Wednesday, February 7, 6:45 - 8:00 pm at the Hopewell Presbyterian Church Fellowship Hall, 80 West Broad Street, Hopewell, NJ 08525. This presentation by Dennis P. Waters, Ph.D., tells the story of the search for the perfect coal and how it powered the fleet of the fabled Cunard Line during the Gilded Age. At the turn of the 20th century, North Atlantic steamers were prodigious consumers of coal, and not just any coal would do. Moving this precious fuel from the mountains of Appalachia to the docks of Manhattan was a huge undertaking, with great fortunes made and lost in mining and railroads. This event can be attended in-person or [virtually](#). Visit redlibrary.org/events for information about virtual attendance.

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, February 2 & 16, 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 is required.*

Monday Afternoon Book Club: Monday, February 5, 2:00 pm. All are welcome to discuss *The Storied Life of A.J. Fikry* by Gabrielle Zevin.

African Americans of Central New Jersey: A History of Harmony and Hostility: Monday, February 5, 6:30 pm
Please join Beverly Mills and Elaine Buck at the Hopewell Branch as they discuss their new book, *African Americans of Central New Jersey: A History of Harmony and Hostility*. A limited number of copies of their book will be available for sale, as well as signing. *To reserve a seat at the Hopewell branch, please email hopeprogs@mcl.org or call 609.737.2610. To register to attend via Zoom, please visit the Hopewell Valley Historical Society website, <https://www.hopewellvalleyhistory.org/>.* Co-sponsored by the Hopewell Valley Historical Society, The Hopewell Museum, and the Friends of the Hopewell Library.

Tax Help: AARP Foundation Tax-Aide (by appointment only): Tuesdays, February 6, 13, 20 & 27, 9:30 am-2:30pm

Free tax preparation from AARP Tax-Aide. AARP trained tax preparers focus on low and moderate income returns but can prepare most personal returns within training guidelines. Tax preparers can e-file Federal and state returns, as well as PTR ("Senior Freeze") forms. Registration is required.

Cribbage & Coffee: Tuesdays, February 6 & 20, 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.*

The Short of It: Langston Hughes: Wednesday, February 14, 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 Langston Hughes' stories, "Thank You, Ma'am," "The Blues I'm Playing," and "Slave on the Block." Copies available at the Hopewell Branch Reference Desk.

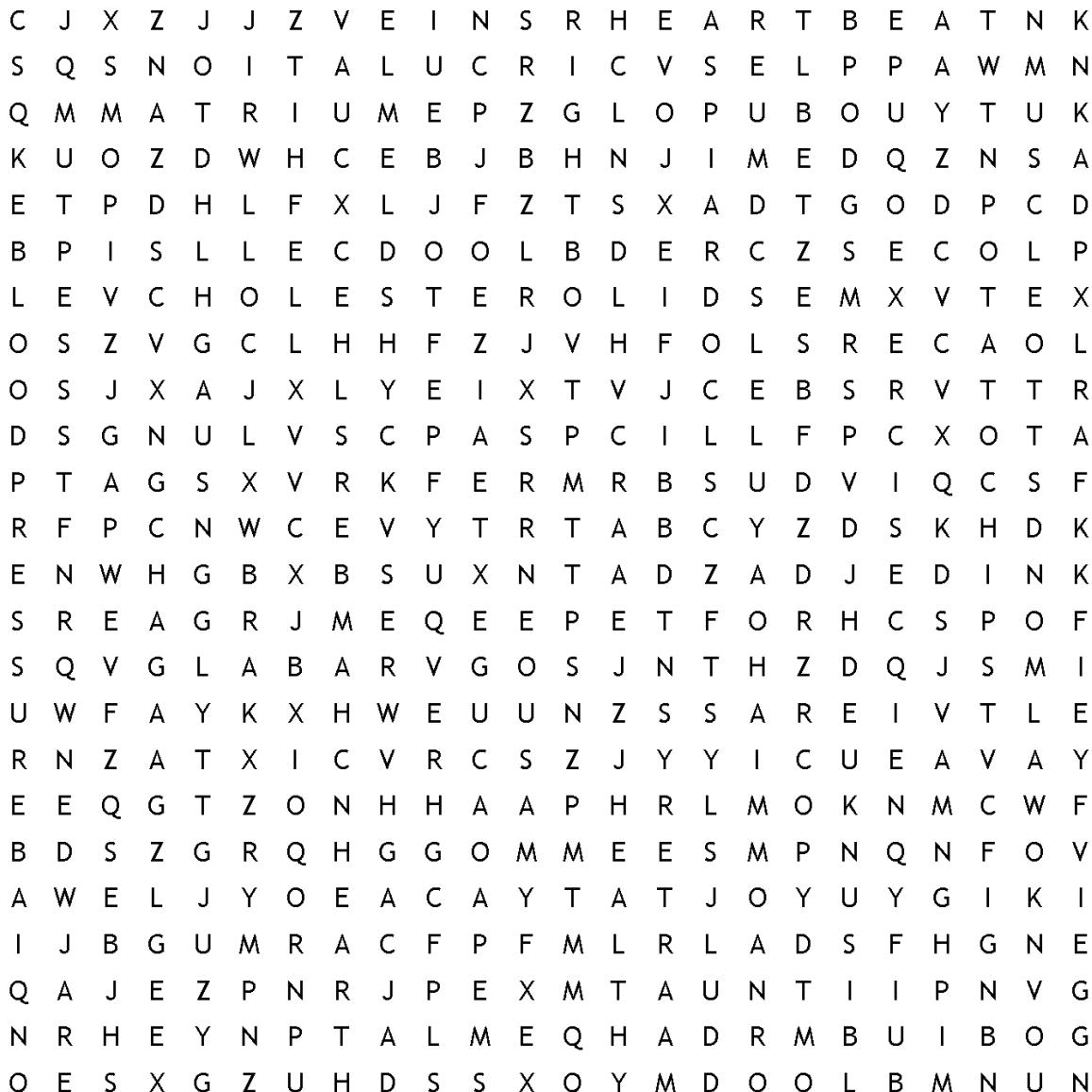
PENNINGTON PUBLIC LIBRARY: 30 North Main Street, Pennington

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

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



THE Heart



| | | | | |
|-----------------|------------|----------------|--------------|-------------|
| ventricles | vegetables | valves | sodium | septum |
| red blood cells | pulse | potato chips | oxygen | muscle |
| lungs | right | left | hypertension | heart beat |
| heart attack | heart | healthy | happy | running |
| walking | exercise | doctor | circulation | cholesterol |
| chambers | cardiac | blood pressure | blood | veins |
| atrium | artery | apples | aorta | almonds |

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