



Senior Spirit

Hopewell Valley Senior Newsletter

March 2024, Vol. 18, No. 3

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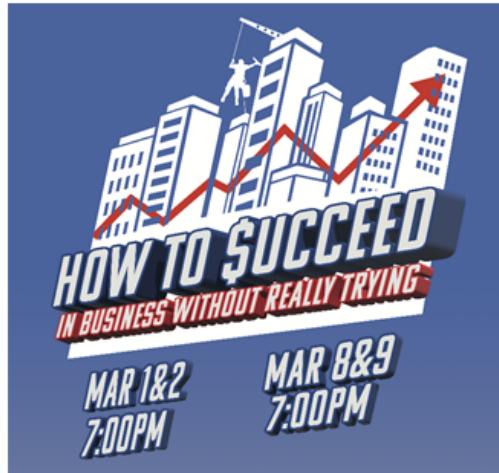
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March Play Preview



How to Succeed in Business Without Really Trying:
A satire of big business and all it holds sacred, *How to Succeed in Business without Really Trying* follows the rise of J. Pierrepont Finch, who uses a little handbook called *How to Succeed in Business without Really Trying* to climb the corporate ladder from lowly window washer to high-powered executive, tackling such familiar but potent dangers as the aggressively compliant "company man," the office party, backstabbing coworkers, caffeine addiction and, of course, true love.

Wednesday, March 6, 2024
Hopewell Valley Central High School PAC
1:50pm: Play Preview Begins



Registration is requested.
Contact HV Senior Services, 609-537-0236 or
seniorservices@hopewellwp.org

Important Dates:

Sunday, March 10:



Monday, March 11: Ramadan begins



Sunday, March 17:



Tuesday, March 19: *hello* **SPRING**



Sunday, March 24:



Friday, March 29:  **GOOD FRIDAY** Government Offices and Senior Center are CLOSED

Sunday, March 31:



 To register, please contact Hopewell Township Recreation
609-737-3753.

HOPEWELL TOWNSHIP
Parks & Recreation Department

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

Eagles Tribute Band: Friday, March 8, 10:00am—4:30pm at Hunterdon Hills Playhouse

Shen Yuen: Thursday, March 28, 10:30am—5:15pm at The State Theatre New Jersey

Wicked: Wednesday, April 3, 10:00am—7:30pm at The Gershwin Theatre-Broadway

AACA Museum & Hershey History: Wednesday, April 17, 8:00am—7:00pm

Longwood Gardens: Wednesday, May 8, 8:45am—4:30pm

Daniel & Shady Maple: Wednesday, May 29, 9:30am—7:30pm at Sight & Sound Theater

Spamalot: Wednesday, June 5, 10:00am—7:30pm at St. James Theatre-Broadway

Cape May Trip—Whale Watcher Cruise & Washington Street Mall: Wednesday, June 12, 10:00am—9:00pm

Wildwood Family Day: Saturday, July 13, 8:00am—9:00pm

The Jersey Boys: Thursday, September 5, 9:30am—6:00pm at Dutch Apple Theatre

9 to 5: Wednesday, September 18, 9:45am—6:00pm at Candlelight Theatre

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.

Better Breathers Club: Fourth Tuesday. March 26 12:00 noon—1:00pm at Capital Health Medical Center—Hopewell, 2 Capital Way, Suite 405. If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group. Led by an American Lung Association trained facilitator, learn better ways to cope with your diagnosis and live life to the fullest with chronic lung disease during these free and regularly scheduled educational programs. Plus, it's fun and enriching to connect with others. Call 609.537.7201 to RSVP, or email kpandya@capitalhealth.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 March 7—April 25. 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 March 8—May 5. 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 March 5—April 23. 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.

Newsletter Folding—Third MONDAY, March 18, 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, March 20, 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, March 5, 2:00 - 4:00 pm. We are 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, March 5, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *Dark Matter* by Blake Crouch.

Night Knitters: Wednesdays, March 6 and March 20, 6:30 - 8:00 pm "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.

Fun with Fabric: Wednesday, March 13, 1:00pm—3:00pm at the Hopewell Train Station, 2 Railroad Place, Hopewell Come have fun with fabric, as you create your own applique picture. Participants will design, cut out, and fuse (using an iron) a spring fabric flower bouquet. Use your imagination to design your own flower arrangement. Materials will be provided, but please bring your own scissors if you have them. [Registration](#) is required at redlibrary.org/events.

Speaker Series: Judith Robinson Wednesday, March 13, 6:45 - 8:00 pm at The Hopewell Presbyterian Church Fellowship Hall, 80 West Broad Street, Hopewell. Join Judith Robinson as she speaks about Native Plant Gardening! Check redlibrary.org/events for the most up-to-date event information!

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, March 1, 8, 15 & 22, 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, March 4, 2:00 pm. All are welcome to discuss *Tom Lake* by Ann Patchett.

Tax Help: AARP Foundation Tax-Aide (by appointment only): Tuesdays, March 5, 12, 19, & 26, 9:30 am-2:30pm

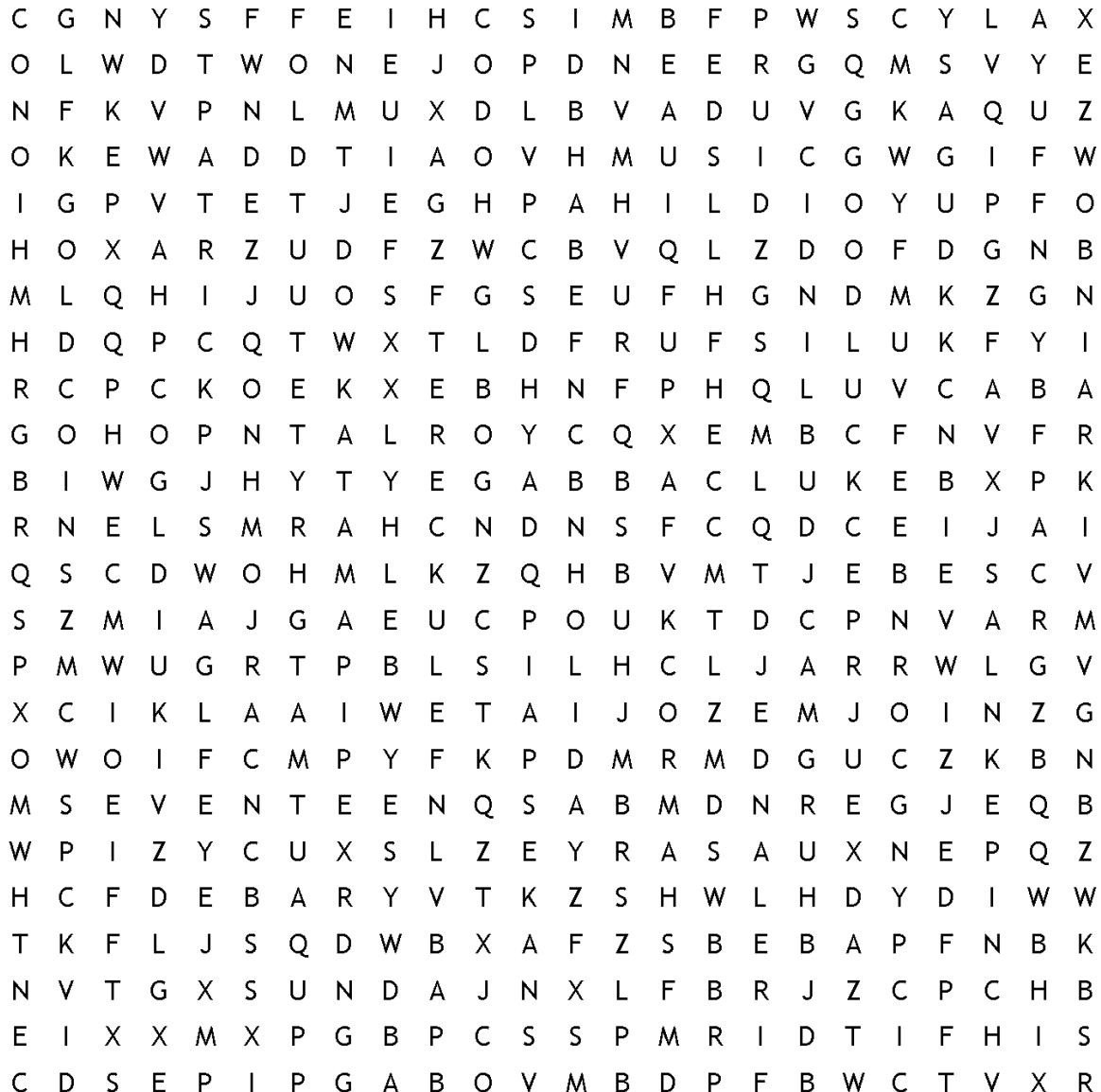
Free tax preparation from AARP Tax-Aide. AARP trained tax preparers focus on low and moderate income returns but can prepare most personal returns within training guidelines. Tax preparers can e-file Federal and state returns, as well as PTR ("Senior Freeze") forms. Registration is required.

Cribbage & Coffee: Tuesdays, March 5, 12, 19, & 26 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, March 13, 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, "The Farewell Party," "A Devoted Son," and "Games at Twilight." Copies available at the Hopewell Branch Reference Desk.

Workshop: Seven Stages of Dementia: Wednesday, March 27, 2:00 pm. Dementia progresses in stages, ranging from mild to severe. While every individual with dementia is unique, their journey through the seven stages of dementia typically follows a specific path. During this workshop, Steven Guarino, a Senior Well-Being Specialist for Oaks Integrated Care, explains the seven stages of dementia, so attendees will know what to expect if they or a loved one have been diagnosed with dementia. This program is funded through the Older Americans Act and Mercer County Office on Aging/ADRC. *Registration 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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|----------|-----------|-------------|-------------|------------|
| music | holiday | magic | charms | seventeen |
| parade | Celtic | snakes | gold coins | Dublin |
| cornbeef | mischief | cabbage | rainbow | pinch |
| legend | good luck | pot of gold | St. Patrick | leprechaun |
| Ireland | green | shamrock | bag pipes | |

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