



Senior Spirit

Hopewell Valley Senior Newsletter

April 2024, Vol. 18, No. 4

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Best wishes on your birthday from
Hopewell Township Parks & Recreation
and Hopewell Valley Senior Services!

Birthday Breakfast

Hopewell Valley Golf Club
Friday, April 12th, 2024 at 9:00 am

RSVP no later than April 1st by calling or emailing Senior Services, (609) 537-0236, seniorservices@hopewelltp.org

Please join us for a birthday breakfast
in your honor, along with other
Hopewell Valley Seniors celebrating birthdays
in the months from January – June.

(We welcome and encourage spouses and guests,
at a cost of \$20, which may be paid at the door.)

Please do not arrive before 8:45am.



Important Dates:

Friday, April 12: Birthday Breakfast at Hopewell Valley Golf Club 

Saturday, April 13:  Clean Sweep / Clean Communities Day

Monday, April 15:



Tuesday, April 23: Passover Begins 

Saturday, April 27: Electronics Recycling/Shredding Event
@ Hopewell Township Public Works



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.

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 The Musical: Wednesday, September 18, 9:45am—6:00pm at Candlelight Theatre

HOPEWELL VALLEY SENIOR SERVICES

HOPEWELL VALLEY SENIOR PROGRAMS:

Community Connections Series—Planning Ahead...A Conversation about Funeral Planning: Friday, April 5, 10:00am at Hopewell Borough Hall, 88 East Broad Street, Hopewell. Blackwell Funeral Home will come and share in a conversation about making funeral arrangements, pre-arranging your funeral. Registration requested, call or email Senior Services 609-537-0236 or seniorservices@hopewelltp.org

Spring Birthday Breakfast: Friday, April 12, 9:00am—11:00am at the Hopewell Valley Golf Club. Please join us for a birthday breakfast in your honor, along with other Hopewell Valley Seniors celebrating birthdays in the months from January through June. We welcome and encourage spouses and guests to attend at a cost of \$20, which may be paid at the door. **Registration is required, please call or email Senior Services by Monday, April 1st,** seniorservices@hopewelltp.org or 609-537-0236.

Healthy Living Series—Osteoporosis: Thursday April 25, 11:00am at Jag 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. Registration requested, call or email Senior Services 609-537-0236 or seniorservices@hopewelltp.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 February 29—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@hopewelltp.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 coordinated body posture, movement, breathing and meditation. Qigong is practiced for recreation, exercise, relaxation, preventative medicine, meditation, and more....To register, email seniorservices@hopewelltp.org or call 609-537-0236. Free Program.

SENIOR CENTER ACTIVITIES: 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, April 15, 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!

Senior Advisory Board—Third Wednesday: Wednesday, April 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, April 2, 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, April 2, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *Ducks: Two Years in the Oil Sands* by Kate Beaton.

Night Knitters: Wednesdays, April 3rd and 17th, 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.

Speaker Series: The European Settlement of "Old Hopewell" with Joe Klett: Wednesday, April 10, 7:00-8:00 pm at The Hopewell Presbyterian Church Fellowship Hall, 80 West Broad Street, Hopewell. Joseph Klett, Executive Director of the New Jersey State Archives and President of The Hopewell Museum, will discuss the earliest European settlement of "old Hopewell," which included Trenton and Ewing prior to 1720. Joe will touch upon Indian villages and paths, early roads, civil boundaries, and the Quaker, Presbyterian, Dutch Reformed, and Baptist families that settled here starting in the late 1600s. He will also highlight early primary sources such as land and probate records, documentation on slave holdings, etc. This event is co-sponsored by the Hopewell Valley Historical Society and The Hopewell Museum. This event will take place in person at the address above and online via Zoom - please [register](https://redlibrary.org/events) for virtual attendance at redlibrary.org/events.

Game Night: Tuesday, April 16, 6:00pm—8:00 pm at The Hopewell Public Library, 13 East Broad Street, Hopewell, NJ 08525. Join us for an evening of games and friendly competition! All ages are welcome, from kids to adults. A variety of board games will be provided, but you are welcome to bring a favorite to share if desired. [Registration](https://redlibrary.org/events) is requested, but not required. This event is open to all ages. Please visit redlibrary.org/events for the most up-to-date information about this event's location and registration.

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

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

Adult Craft: Decorate a Watering Can: Wednesday, April 17, 10:00 am. Join us to decorate a watering can. All materials will be provided. *Space is limited; please email hopeprogs@mcl.org or call 609.737.2610 to register.*

Cribbage & Coffee: Tuesdays, 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.*

Film Screening: *The Rose Maker* (2020): Friday, April 26, 2:00 pm. Eve is one of France's greatest artisanal horticulturalists, but her rose business is facing imminent bankruptcy. When her secretary hires three inexperienced ex-convicts, they must team up to rescue the business in this verdant comedy. (Director: Pierre Pinaud; Running Time: 1 hour; 35 minutes.)

Mahjong in the Morning: Fridays, 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, April 1, 2:00 pm. All are welcome to discuss *The Maid* by Nita Prose.

Tax Help: AARP Foundation Tax-Aide (by appointment only): Tuesdays, April 2 & 9, 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.

The Short of It: Ghassan Zeineddine: Wednesday, April 10, 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 Ghassan Zeineddine's stories, "Speedoman" and "I Have Reason to Believe My Neighbor Is a Terrorist" from his debut short story collection, *Dearborn*. Copies of stories are 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



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April Fool's Day

Beginning

Chocolate

Green

Planting

Spring

Aries

Bloom

Earth Day

Grow

Plow

Sun

Baseball

Bunny

Easter

Jellybeans

Puddles

Taurus

Basket

Chicks

Flowers

Jokes

Showers

Warmer Weather

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