



Senior Spirit

Hopewell Valley Senior Newsletter

May 2024, Vol. 18, No. 5

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MAY


30


2024

Senior


WELLNESS

SCREENINGS



 capitalhealth

1:00pm to 3:00pm




Hopewell Township Building, Auditorium
201 Washington Crossing Pennington Rd
Titusville, NJ 08560

- Blood Pressure
- Blood Sugar
(fasting or 2 hours post meal)
- Bone Density
- Hand Massages
- Height & Weight
+BMI
- Vision Screening
(Appointment Needed)

- Hopewell Twp Police
- Hopewell Twp Health Dept
- HV Emergency Services

To Request an Appointment:
call Briana,
609-537-0216



Important Dates:

Wednesday, May 1: Property Taxes Due



Saturday, May 11: Bandshell Grand Opening, Mayor's Awards, and Multicultural Festival, Woolsey Park 10:30am—2:00pm

Sunday, May 12: 

Saturday, May 25: Veteran's Memorial Day Ceremony, Woolsey Park 11:00am

Sunday, May 26: Hopewell Borough Memorial Day Parade



Monday, May 27: Memorial Day, Pennington Memorial Day Parade

FARMERS MARKET VOUCHERS AVAILABLE! Mercer County Seniors may be eligible for free \$50 vouchers to be used at local farmers' markets this summer. Eligible participants must have an income below \$26,973 per year (single) or \$36,482 per year for a dual income household. If you meet these requirements and are interested, please contact Senior Services to fill out an application. Hopewell Valley is allotted 10 vouchers, first come, first served.

HOPEWELL VALLEY MOBILE FOOD PANTRY: Staffed entirely by volunteer workers, the Hopewell Valley Mobile Food Pantry collects, sorts, packages, and delivers groceries and fresh produce weekly to neighbors throughout the Valley. All assistance provided is confidential. To register for a weekly grocery delivery, go to <https://hvymca.org/pantry/>. Additionally, all are welcome (no registration needed) to pick up groceries & produce every Saturday, 10-11am at the HVRSD Administration building (425 S. Main Street, Pennington). Anyone who wishes to donate to or volunteer for the Pantry may go to the above website also! If you have any questions, please email us at hvmobilefoodpantry@gmail.com or call 609-737-3048, ext. 2.



RECREATION TRIPS

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

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

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

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

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

The Great Gatsby on Broadway: Thursday, June 20 @ Broadway Theatre, NYC

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

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

HOPEWELL VALLEY SENIOR SERVICES

HOPEWELL VALLEY SENIOR PROGRAMS:

Play Preview—Mary Poppins Jr.: Wednesday, May 1, 1:50pm at HVCHS Performing Art Center. Enjoy a sneak peak at the Timberlane students performing their spring musical *Mary Poppins* before the show opens!

Registration requested, call or email Senior Services, seniorservices@hopewelltwp.org or 609-537-0236.

Community Connections Series—Home Heart Beats: Friday, May 3, 10:00am at Hopewell Borough Hall, 88 East Broad Street, Hopewell. Diane will discuss Home Modifications, Fall Prevention, Fire Safety, SMART home technology and more. Registration requested, call or email Senior Services seniorservices@hopewelltwp.org or 609-537-0236.

8 Principals of Healthy Homes: Friday, May 17, 10:00am at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Join us as the NJ Lead and Healthy Homes Coalition presents tips and strategies to keep you safe at home while promoting independence and improving quality of life. Free radon and well water test kits will be available. **Registration is required, call 609-537-0216.**

Healthy Living Series—Benefits of Walking: Thursday May 23, 11:00am at Jag Physical Therapy, 10 Route 31 North (across from Pennington Pizza and Goodwill Store). Warm weather has arrived, what better way to exercise than to get outside! We will discuss benefits of walking and take a little walk. 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@hopewelltwp.org

Senior Health Screening: Thursday, May 30, 1:00pm—3:00pm at Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Stop by and get screened! We are offering screenings for blood sugar, blood pressure, bone density and available services through the HT Police Dept and HV Emergency Services. Hearing and Vision Screenings are available by appointment only, call Briana 609-537-0216. No registration necessary.

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) New session dates May 9—June 27. Registration required. Please contact Senior Services if you are interested in the **9:00am class ONLY or 10:00am ZOOM.** The 10:00am in-person 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. 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 May 10—June 28. 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. New session dates are May 7—June 25.. This class incorporates diverse practices that engages us socially, cognitively, creatively, & physically while having fun at the same time. 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. 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@hopewelltwp.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, May 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!

Senior Advisory Board—Third Wednesday: Wednesday, May 15, 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.

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.

Night Knitters: Wednesdays, May 1 and 15, 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.

Stitch 'n' Knit: Tuesday, May 7, 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, May 7, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *Green Hills of Africa* by Ernest Hemingway.

Speaker Series: St. Michael's Orphanage - A Visual History : Wednesday, May 8, 7:00-8:30 pm at The Hopewell Presbyterian Church Fellowship Hall, 80 West Broad Street, Hopewell. What was St. Michael's Orphanage? Some know it from old photos, with the large forbidding building standing alone in an empty field. And many now know it as the over 400-acre D&R Greenway St. Michael's Farm Preserve, just outside Hopewell Borough, with few visible remnants of its past use. In this presentation, Doug Dixon provides a visual history of St. Michael's, using photos and memories from a variety of contributors. We will "walk" behind the building to see kids playing on the playground and around the grounds. Then we will go inside the building to see the children in the nursery, school rooms, chapel, dining room, and dorm rooms. This event can be attended in-person or via Zoom.

Talk and Tour at the Sked Street Bonsai Garden—Wednesday, May 15, 1:30pm—3:30pm. Join us for a lecture on bonsai basics, a guided garden tour, and a Q&A session at the Sked Street Bonsai Garden. The exact location will be given to registrants prior to the event. Discover the basics of Bonsai with Carl Stern at the Sked Street Bonsai Garden, the location of the Central Jersey Bonsai Club. Learn about the history, design, care, and maintenance regarding this craft. The Sked Street Bonsai Garden includes over 100 trees and more than 50 species. Some of these trees have been "in training" for over 20 years. This is Mr. Stern's 39th year of "doing Bonsai." The garden provides the feeling of being in a small, relaxing sanctuary with the new landscaping and enclosure. Registration is required.

MERCER COUNTY LIBRARY-HOPEWELL BRANCH: 249 Pennington Titusville Road, Pennington
To register please call 609-737-2610 or email hopeprogs@mcl.org

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: *To Olivia: The True Story of Roald Dahl (2021)* Friday, May 24, 2:00 pm. 1962, Roald Dahl was a upcoming children's author, his wife, Patricia Neal, was a Hollywood movie star. Their lives are turned upside down when their daughter Olivia contracted measles and died. Her death devastated the couple, yet their shared grief became a source of redemption and strength. (Director: John Hay; Running Time: 1 hour; 33 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, May 6, 2:00 pm. All are welcome to discuss *The Boys in the Boat* by Daniel James Brown.

The Short of It: Amy Tan: Wednesday, May 8, 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 Tan's stories, "Fish Cheeks," "The Rules of the Game," and "Two Kinds." 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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 flower
 hazel
 shrub
 lily

apple tree
 marigold
 garden
 petal
 spade
 rake

eucalyptus
 shamrock
 shoots
 plant
 fern
 rose

pear tree
 thistle
 willow
 roots
 hose
 stem

plum tree
 crocus
 daisy
 rowan
 leaf
 tree

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