



Senior Spirit

Hopewell Valley Senior Newsletter

June 2024, Vol. 18, No. 6

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Friday, June 7 @ 10:00am
Hopewell Borough Hall
88 East Broad Street, Hopewell



— OF MERCER COUNTY, NJ —

Since 1978 CONTACT of Mercer County's trained ReAssurance volunteers call seniors once a day or on a regular basis to have a conversation and check on their well-being.

Are you at least 60 years of age and a Mercer County Resident? Do you live alone or are you alone most of the day? Would you like somebody to talk to on a regular basis or every day?

Join us to learn more about this beneficial program to help reduce loneliness and social isolation among our older adults.

TALKING HELPS. CONTACT IS LISTENING...

Registration Requested, Senior Services,
609-537-0236 or
seniorservices@hopewelltpw.org



Important Dates:

Thursday, June 6:



Friday, June 14:



Wednesday, June 19:

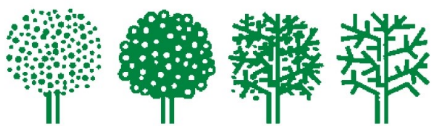


Thursday, June 20:



Randi will be away from Wednesday, May 29th through Thursday, June 6th, returning Friday, June 7th. Please contact Hopewell Township Recreation, 609-737-3753 for any questions/concerns.

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.



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.**

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

The Great Gatsby: Thursday, June 20, 10am—7pm, at Broadway Theatre

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

Always Patsy Cline: Wednesday, August 7, 10:00am—4:30pm at Hunterdon Hills Playhouse

HOPEWELL VALLEY SENIOR SERVICES

HOPEWELL VALLEY SENIOR PROGRAMS:

Community Connections Series—CONTACT ReAssurance: Friday, June 7, 10:00am at Hopewell Borough Hall, 88 East Broad Street, Hopewell. CONTACT offers a Telephone Reassurance program to help reduce loneliness and social isolation among older adults. It's a free daily outreach service for senior citizens who live alone. Anyone 60 and older who lives in Mercer County can sign up for the free service. Registration requested, call or email Senior Services 609-537-0236 or seniorservices@hopewelltp.org.

Hopewell Township Police 50th Anniversary Celebration: Saturday, June 8, 1:00pm at Woolsey Park, 221 Washington Crossing Pennington Road, Titusville. Rain date: Sunday, June 9, 1:00pm. Meet the team, tour the police department, entertainment and more...

Family and Friends CPR Training: Monday, June 10, 2:00pm—4:00pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Participants will be taught how to perform CPR on adults, children, and infants, and how to help people who are choking. This course is designed for family members, friends and members of the community who want to learn CPR but do not need a completion card. Space is limited to 25 people! Registration required, please call the Hopewell Township Nurse, 609-537-0216.

Hopewell Valley Veteran's Association Car Show and Fire Works Display: Saturday, June 29, Car show at 4:00pm, Fireworks at 8:15pm at Woolsey Park, 221 Washington Crossing Pennington Road, Titusville. Raindate, Sunday, June 30th.

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, cancelled on 6/4 for Primary Election! 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@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. 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, June 17, 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, June 19, 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.

HPL Book Club: Tuesday, June 4, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *Green Hills of Africa* by Ernest Hemingway.

Stitch 'n' Knit: Tuesday, June 4, 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 and Baked Goods Sale: Saturday, June 8, As you stroll around town during the annual town wide yard sale, be sure to check out the library's sale items: books, and delicious homemade treats, including an assortment of gluten-free items. We will also be selling half price HPL bags (\$5), and Hopeopoly games (\$20). All proceeds from the sale will go to support programming at the Hopewell Public Library.

Night Knitters: Wednesdays, June 12 and 26, 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.

Bike and Pedestrian Safety Workshop: Saturday, June 22, 1:30pm—2:30pm at **The Hopewell Presbyterian Church, 80 West Broad St, Hopewell, NJ 08525.** Kick off the summer season by learning some essential rules of the road and how to navigate the road safely as you bike and walk around town. This presentation will be for parents, families, and elementary-aged children.

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

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

Cribbage & Coffee: THURSDAYS (NEW DATES), 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.*

Cooking with a Twist - Avocado Toast *New Program*: Tuesday, June 18, 10:30 am. During this culinary program, we'll take a simple and delicious dish and share a few variations that you can do to make it more interesting! You'll have the opportunity to taste our featured dish with the variations and leave with the recipe to inspire you at home. Note: If you have a food allergy the library needs to be aware of, please email hopeprogs@mcl.org prior to the event. *Space is limited; Registration Required!*

Film Screening: *Rebuilding Notre Dame (2022)* Friday, June 28, 2:00 pm. In April 2019, the world watched as a devastating fire almost destroyed Paris's iconic Notre Dame Cathedral. Go behind the scenes with a team of engineers, masons and timber workers tackling the daunting challenges of restoring the historic landmark. (Directors: Jody Lubman & Alessandra Bonomolo; Running Time: 53 minutes.)

Mahjong in the Morning: Fridays, 10:00am (canceled on 6/21). 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, June 3, 2:00 pm. All are welcome to discuss *What Happened to the Bennetts* by Lisa Scottoline.

Open House: Washington Crossing Radio Control Flyers Association: Saturday, June 1, 10:00 am - 12:00 pm The Washington Crossing Radio Control Flyers Association will have all types of model aircraft on display throughout the library. Members will be available to answer questions about building and flying model aircraft, as well as any inquiries about the association in general.

The Short of It: Saunders Sisters: Wednesday, June 12, 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 Saunders' stories, "Sea Oak" and "Home." Copies of stories are available at the Hopewell Branch Reference Desk. 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/>



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flutter fly flag pole states pledge pride salute wisdom
 victory unite uniform tribute Air Force Marines Navy Army
 soldiers picnics military represent old glory picnic celebrate
 blue white red stripes stars patriotic America

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