



Senior Spirit

Hopewell Valley Senior Newsletter

July 2024, Vol. 18, No. 7

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BEAT THE HEAT
STAY HEALTHY & SAFE THIS SUMMER

Drink water
Stay hydrated & don't wait until you're thirsty.

Wear sunscreen
Apply sunscreen before going outdoors. Reapply every 2 hours.

Avoid peak times
Stay indoors during the hottest time of the day from 10AM - 4PM if possible.

Protect your eyes
Wear sunglasses to protect your eyes from UV rays.

Keep cool
Protect your skin from direct sunlight to prevent sunburn.

Look before you lock
Never leave children or pets inside the car. Protect them from heatstroke.

Seek shade
Use a tree, umbrella or tent to protect you from the sun.

Important Dates:

Thursday, July 4: Fourth of July, Government Offices & Senior Center CLOSED
Titusville Fourth of July Parade, River Drive, Titusville

GrandPals! The GrandPals program builds friendships between elementary school children and seniors in their community. In this program, an older adult is matched with two to three young learners, providing a wonderful opportunity for different generations to get to know one another and share a love of reading.

We are expanding our program to three elementary schools during the 2024-2025 school year: Bear Tavern, Stony Brook and Toll Gate! The program will take place at the schools weekly during the school year. The GrandPals will meet with the kindergartners for about 30 minutes.

We will be hosting an information session on Tuesday, August 6th at 10:00am for all GrandPals old and new who are interested in participating in the 2024-2025 program. If you are interested in volunteering or have any questions about the program, please do not hesitate to contact Randi.

NJ Senior Olympics: September 6—8, 2024 in Woodbridge Township, NJ. Are you 50+? Enter the 2024 NJ Senior Olympics! Sports included are Basketball, Billiards, Bocce, Cornhole, Darts, Golf (Separate \$100 registration fee), Horseshoes, Miniature Golf, Pickleball (Separate \$40 registration fee applies), Racquetball, Swimming, Table Tennis, Tennis and Track and Field. Registration deadline is August 23, 2024, \$40 registration fee will allow you to compete in 3 events, \$10 for each additional event. (Registration fee does not including Pickleball or Golf). For more information and to register, go to: www.njseniorolympics.com or call New Jersey Senior Olympic Headquarters at: 973-618-1111.

Senior Picnic Door Prize Volunteers: Before we know it the Senior Picnic will be here! Senior Services is seeking your help, we are asking seniors to visit local business's to drop off flyers and collect prizes for the picnic. If you are interested, please contact Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org.



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

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

Movies in the Park: Wednesday, July 10, Parking opens at 7:30pm and movie will begin at 8:30pm. Woolsey Park, 221 Washington Crossing Pennington Road, Titusville.

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

Pennington Station Band, Concerts in the Park: Wednesday, July 24, Parking opens at 5:30pm and the band will begin at 6:30pm, Woolsey Park

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

Movies in the Park: Wednesday, August 14, Parking opens at 7:30pm and movie will begin at 8:30pm. Woolsey Park, 221 Washington Crossing Pennington Road, Titusville.

Concerts in the Park: Wednesday, August 21, Parking opens at 5:30pm and the band will begin at 6:30pm. Woolsey Park, 221 Washington Crossing Pennington Road, Titusville.

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 Services: 609-537-0236 or seniorservices@hopewelltnp.org

HOPEWELL VALLEY PROGRAMS:

Fourth of July Parade: River Drive, Titusville, NJ, Main Parade begins at 1:00pm. For more information, updates and other activities throughout the day, please go to www.TTV4th.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) New session dates July 11—August 29. 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. To register, contact Senior Services.

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 June 28—August 16. 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 July 9—August 27. 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 contact Senior Services.

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, contact Senior Services. 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, July 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: Canceled July and August

Mahjong—Thursdays, 1:30pm—3:30pm at the Hopewell Valley Senior Center. This game keeps your brain strong and increases your hand-eye coordination. Games may be challenging, yet luck plays a big part in this social and friendly game.

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, July 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, July 2, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *Three Men in a Boat (To Say Nothing of the Dog)* by Jerome K. Jerome.

Firehouse Feats: Wednesday, July 10, 6:30pm—7:30pm at the Hopewell Fire Department at 4 Columbia Avenue, Hopewell, NJ 08525. Come take a tour with the friendly crew of the Hopewell Fire Department and learn about real adventures right in your town.

Night Knitters: Wednesday, July 10 and 24, 6:30pm—8:00pm. "We knit at night!" Join a friendly group of knitters who want to knit at night! This event can be attended in-person or virtually.

Exploring the Night: Thursday, July 18, 7:30 pm at the Hopewell Gazebo. (Please bring a flashlight.) Join this adventurous exploration of nature on a summer night in Hopewell Park. We will walk the trails in the dark, using our senses to discover a world hidden from us during the day. This adventure is led by Jeff Hoagland, naturalist, haiku poet, and Educational Director of the Watershed Institute. This summer reading event is open to all ages.

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

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

Classic Canasta Meet-up: Mondays, July 15, 22 & 29, 10:00am - 12:00 pm. Canasta combines elements of bridge and rummy and is played with two teams of two players. It requires strategy, critical thinking, and quick decision-making. Open for players of all levels with a basic understanding of game play. Join us for great fun and conversation.

Cribbage & Coffee: Thursdays (canceled 7/4), 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards -- and light refreshments -- will be provided.

Cooking with a Twist: Easy Pudding Pie: Tuesday, July 16, 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 is REQUIRED.*

Film Screening: *This Beautiful Fantastic* (2016): Friday, July 26, 2:00 pm. Bella Brown (Jessica Brown Findlay) is a beautifully quirky young woman who dreams of writing and illustrating a successful children's book. When she is forced by her landlord to deal with her neglected garden or face eviction, she meets her nemesis, match and mentor in Alfie Stephenson (Oscar-nominated actor, Tom Wilkinson), a grumpy, loveless, rich old man who lives next door and happens to be an amazing horticulturalist. (Director: Simon Aboud; Running Time: 1 hour; 32 minutes.)

Learn to Play Classic Canasta: Wednesday, July 10, 1:00 - 4:00 pm. Socialize and have fun while you play this easy card game. With instruction, you can learn to play quickly, even if you have never played cards before! Played with 2-4 players, in partnerships or individually, Canasta is one of the most widely played card games in the U.S. Neilia Makadok is a professional educator and management consultant. She has taught Canasta for over 20 years. Enrollment is limited to ensure a successful learning experience. *Registration is REQUIRED.*

Mahjong in the Morning: Fridays, 10:00am Open for players of all levels with a basic understanding of game play. We play with the National Mah Jongg League (NMJL) 2024 card and rules. *Registration is required.*

Monday Afternoon Book Club: Monday, July 1, 2:00 pm. All are welcome to discuss *Nothing to See Here* by Kevin Wilson.

The Short of It: Italo Calvino: Wednesday, July 17, 10:00 am. 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 Italo Calvino's stories, "The Distance of the Moon," "The Garden of Stubborn Cats," and "The Feathered Ogre." Copies of Calvino's 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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BATHING SUIT
SUN SCREEN
UMBRELLA
OCEAN
CRAB

FLIP FLOPS
SURFBOARD
SEAGULL
TOWEL
SAND

SANDCASTLE
SEASHELL
SHOVEL
WAVES
SWIM

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