



Senior Spirit

Hopewell Valley Senior Newsletter

August 2024, Vol. 18, No. 8

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Hopewell Valley Residents ONLY!
Hopewell Valley
Senior Picnic
Thursday, September 12, 2024
(rain date Thursday, September 19th)

12 noon – 2:00 pm

Sullivan's Grove,

Washington Crossing State Park

355 Wash Crossing Pennington Rd, Titusville

Hopewell Valley Senior Services and Hopewell Township Recreation invite you to the Annual Senior Picnic at Washington Crossing State Park. Enjoy an afternoon with lunch, music, prizes and most importantly our friends.



Registration is **REQUIRED!** Call or email Senior Services by **Monday, August 26th**, 609-537-0236 or seniorservices@hopewelltp.org.



Hopewell Valley Senior Services

Registration is also available through myACTIVEcenter.



Important Dates:

Tuesday, August 6: GrandPals Intro Meeting



Tuesday, August 6:



Stony Brook Elementary School, 6:00pm—8:00pm

Wednesday, August

Day!
This day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

21: National Senior Citizen's

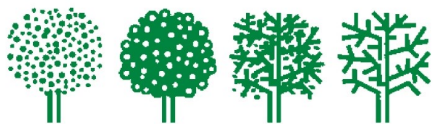


Friday, August 23:

Senior Art Show: Thursday, September 5, 3:00—5:00pm at the Mercer County Library—Hopewell Branch. Join us for the opening of the Artists' Choice Art Show at the Mercer County Library-Hopewell. Tour the beautiful art painted by our Hopewell Valley senior art group. No registration required. Paintings will remain in the library for the month of September. Refreshments are provided by Brandywine Living in Pennington.

AARP Smart Driver Course: Tuesday, September 10, 9:00am—3:00pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Program fee of \$20/person for AARP members and \$25 for non members. Bring cash or check made payable to AARP the day of the class. Registration is required through Senior Services, call 609-537-0236 or email seniorservices@hopewelltp.org.

Flu Vaccine Clinics: Hopewell Township Health Dept will be hosting **Flu Clinics** for residents. Please watch for updates regarding dates, times and locations in the September Newsletter.



**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.**

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@hopewelltwp.org

HOPEWELL VALLEY PROGRAMS:

Community Connections: Levels of HomeCare: Friday, August 2, 10:00am at Hopewell Borough Hall, 88 East Broad Street, Hopewell. Join us as Paul Euell from Synergy HomeCare discusses the different levels of HomeCare and what might be needed as we age. Registration Requested to Senior Services.

GrandPals Introductory Meeting: Tuesday, August 6, 10:00am Hopewell Township Building Auditorium. 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. 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 join us at this session, registration is requested.

Ice Cream Social: Friday, August 23, 1:00pm—2:30pm at Hopewell Township Municipal Building. 201 Washington Crossing Pennington Road, Titusville. Join Hopewell Valley Senior Services as we celebrate YOU in honor of National Senior Citizen's Day! The event is FREE but registration is REQUIRED, space is limited,. To register, please call or email Senior Services, seniorservices@hopewelltwp.org or 609-537-0236 by August 9th. This event is open to **Hopewell Valley Residents ONLY!**

Senior Picnic: Thursday, September 12, 12:00pm-2:00pm Washington Crossing State Park, Sullivan's Grove, 355 Washington Crossing Pennington Rd, Titusville. Rain date for the event will be on Thursday, September 19th. Registration is REQUIRED, call or email Senior Services, seniorservices@hopewelltwp.org or 609-537-0236. Registrations are due by Monday, August 26th. This event is open to **Hopewell Valley Residents ONLY.**

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—September 5. 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. Next Session will be held from August 23—October 11. 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, (no class 8/7) 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 for 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, August 6, 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, August 6, 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.

Night Knitters: Wednesday, August 14 and 28, 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.

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, (canceled 8/12) 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 fun and conversation.

Cribbage & Coffee: Thursdays, (canceled 8/8) 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: Bruschetta : Tuesday, August 20, 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: James Hemings: Ghost in America's Kitchen (2022): Friday, August 23, 2:00 pm. The life, contributions, and erasure of America's culinary founding father are explored by food historians, celebrated chefs, experts on race and the African American diaspora. Through their words and the persistence of a curious chef, Ashbell McElveen, the life of America's missing icon comes into focus. Mac & Cheese, French fries, whipped cream, and many other foodie favorites disseminated from a slave kitchen in Charlottesville from the hands of America's first master chef, James Hemings. (Director: Anthony Werhun; Running Time: 1 hour; 2 minutes.)

Mahjong in the Morning: Fridays, 10:00am—12:00 noon 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: Canceled for August.

The Short of It: Sir Arthur Conan Doyle: Wednesday, August 7, 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 Sir Arthur Conan Doyle's stories, "A Scandal in Bohemia," "The Red-headed League," and "The Adventure of the Speckled Band." Copies of the 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



A P Z U B P W C T B I K F S S U C W T U N N V G
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Potato Salad	Tablecloth	Bug Spray	Hot Dogs	Crackers
Coleslaw	Charcoal	Napkins	Frisbee	Cutlery
Chicken Fruits	Burgers	Blanket	Plates	Outing
Honey Wine	Drinks	Cooler	Cheese	Basket
	Woods Park	Relax Kite	Grill Cups	Chips

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