



# Senior Spirit

Hopewell Valley Senior Newsletter

September 2024, Vol. 18, No. 9

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## FLU SHOT CLINICS

*2024 Fall Schedule*

**HOPEWELL TOWNSHIP HEALTH DEPARTMENT**

*Serving Hopewell Township and The Boroughs of Pennington & Hopewell*



*Wegmans*  
pharmacy

Scan QR code  
up to 30 days in  
advance to  
register

*Vaccination open to children ages 3+ with parent/guardian*

### **Standard quadrivalent and Senior Doses available**

*\*Residents should bring all insurance cards, Prescription and Medical\**

*\*Seniors: Medicare B and all prescription cards\**

Uninsured? Vaccination is free for residents of Hopewell Valley (with proof of residency)  
\$40 non-residents (credit card only)

#### **Friday, September 6th - 10am - 2pm**

Hopewell Township Municipal Building  
(201 Washington Crossing-Pennington Rd, Titusville)



#### **Friday, September 13th - 2pm - 5pm**

Hopewell Valley Senior Center  
(395 Reading Street, Pennington)



#### **Tuesday, October 1st - 3pm - 7pm**

Hopewell Township Municipal Building  
(201 Washington Crossing-Pennington Rd, Titusville)



#### **Tuesday, October 15th - 3pm - 7pm**

Pennington Borough Municipal Building  
(30 North Main Street, Pennington)



**Questions?** Email [nurse@hopewelltwp.org](mailto:nurse@hopewelltwp.org) or call 609-537-0238

## Important Dates:

**Monday, September 2:**



Government Offices and Senior Center CLOSED.

**Saturday, September 7:**



Memorial Ceremony @ Woolsey Park, 11:00am

**Tuesday, September 10:** AARP Safe Driver Course @ Hopewell Township Building

**Thursday, September 12:** Senior Picnic



**Sunday, September 22:**



**Friday, September 27:** Gravity Hill Farm Tour



**Saturday, September 28:** Hopewell Township Shredding Event 9am—1pm  
At Hopewell Township Public Works Building



**Flu Vaccine Clinics: (Senior Doses are available!)**

**Friday, September 6:** Hopewell Township Building 10am—2pm

**Friday, September 13:** Hopewell Valley Senior Center 2pm—5pm

**Tuesday, October 1:** Hopewell Township Building 3pm—7pm

**Tuesday, October 15:** Pennington Borough Municipal Building 3pm—7pm

Any Questions, please call 609-537-0238 or email [nurse@hopewelltpw.org](mailto:nurse@hopewelltpw.org)



## **COMING SOON!**

**Long Term Care Panel Discussion:** Tuesday, October 1 10:00am at the Hopewell Township Municipal Building

**Personal Protection/Operation Blue Angel:** Friday, October 4, 10:00am at the Hopewell Township Municipal Building.



**To register, please contact**

**Hopewell Township Recreation 609-737-3753.**

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

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

**The Outsiders:** Wednesday, October 9, 10:00am—7:30pm on Broadway

## **HOPEWELL VALLEY SENIOR SERVICES**

Hopewell Valley Senior Services: 609-537-0236 or [seniorservices@hopewelltp.org](mailto:seniorservices@hopewelltp.org)

### **HOPEWELL VALLEY PROGRAMS:**

**Community Connections: Brandywine Living** Friday, September 6, 10:00am at Brandywine, 143 W Franklin Street, Pennington. Join us as we learn about everything Brandywine has to offer as an assisted living option as we age. Registration Requested to Senior Services.

**AARP Safe Driver Course:** Tuesday, September 10, 9am—3pm at the Hopewell Township Building. Registration is REQUIRED. \$20/person for AARP Members or \$25 for non-members, checks or cash payable at class.

**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@hopewelltp.org](mailto:seniorservices@hopewelltp.org) or 609-537-0236. Registrations are due by Monday, August 26th. This event is open to Hopewell Valley Residents ONLY.

**Gravity Hill Farm Tour & Pizza:** Friday, September 27, 12:30pm at Gravity Hill Farm, 67 Pleasant Valley Road, Titusville. Join fellow seniors as we are treated to homemade pizza and a tour of one of our local farms. Registration is REQUIRED and space is limited to 30 people! Call or email Senior Services to register. 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 September 12—October 24. 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 September 10—October 22. 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—FOURTH Monday**, September 23, 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](https://redlibrary.org/events) or call 609-466-1625.

**Stitch 'n' Knit:** Tuesday, September 3, 2:00 - 4:00 pm. Come to the library to socialize and work on your current knitting projects with Nina Lane! This event can be attended in-person or virtually via Zoom.

**HPL Book Club:** Tuesday, September 3, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *The Path Between the Seas: the Creation of the Panama Canal* by David McCullough.

**Night Knitters:** Wednesday, September 4 and 18, 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.

**Talk and Tour at the Sked Street Bonsai Garden:** Sunday, September 22, 10:00 am - Registrants will be given the address prior to the event. 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. Rain date is scheduled for Sunday, September 29th. 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 40th year of "doing Bonsai." The garden provides the feeling of being in a small, relaxing sanctuary with the new landscaping and enclosure. Space is limited for this event.

**Speaker Series: Martha McPhee** - Date and Location TBD. Local, award-winning novelist [Martha McPhee](#) just published her first memoir, [Omega Farm](#). Martha grew up on Omega Farm in Ringoes with her four sisters, five step siblings, mother, and stepfather, in a house filled with art, people, and the kind of chaos that was sometimes benevolent, sometimes more sinister. The pandemic brought Martha home again to her childhood farm to care for her ailing mother. With her husband and children in tow, Martha strives to nurture the present (along with a forest) while the past relentlessly asserts itself—even as Martha's mother, the person she might share her memories with or even try to hold to account, no longer knows who Martha is. A masterful exploration of a complicated family legacy and a powerful story of environmental and personal repair, we felt this candid account would be one our community would find relatable as it raises so many urgent issues that impact women, teens, parents, families and backyard ecosystems everywhere. Martha will be presenting a live-narration of family photographs taken by her mother, the renowned Princeton photographer, Pryde Brown, and which capture the people and the world that made Martha the riveting truth-teller she is today. The time, date, and location for this event has not been decided as of the publication of this paper. Please visit [redlibrary.org/events](https://redlibrary.org/events) for the most up-to-date information!

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

To register please call 609-737-2610 or email [hopeprogs@mcl.org](mailto:hopeprogs@mcl.org)

**Classic Canasta Meet-up:** Mondays, (canceled 9/2) 10:00 am - 12:00 noon. 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, 10:00 am—12:00 noon. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards -- and light refreshments -- will be provided.

**Cooking with a Twist: Empanadas:** Tuesday, September 10, 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](mailto:hopeprogs@mcl.org) prior to the event. *Space is limited; Registration REQUIRED.*

**Film Screening: His Girl Friday (1940):** Friday, September 27, 2:00 pm. In this undeniable gem of Hollywood's golden age, Walter, a hard-boiled newspaper editor, discovers that his ex-wife and former employee, Hildy, is set to marry a wet-blanket insurance salesman. Walter, certain that this is the wrong move for a strong-willed and ambitious woman such as Hildy, decides to sabotage her marital plans by enticing her with one last story--the execution of a convicted murderer. (Director: Howard Hawks; Running Time: 1 hour; 31 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:** Monday, September 9, 2:00 pm. Please contact Susan Cox at the Hopewell Branch (609.737.610) for additional information about this month's title.

**The Short of It: Sir Arthur Conan Doyle:** Wednesday, September 11, 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 Richard Wright's stories, "Bright and Morning Star," "The Man Who Was Almost a Man," and Big Black Good Man." Copies of the stories are available at the Hopewell Branch Reference Desk.

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**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](mailto:librarian@penningtonlibrary.org)



# FARM ANIMALS



X E H T L T D A V M T M P F R I E  
Z R E H J E M U N G T Z U Z U D S  
X X H U N O R K C I O O P G X O R  
Z T C A U S B N C K D H P W O S O  
O I W R H I S K M M S K Y L N D H  
R S Q E R I I V I H R L I E Y U P  
I V E D G E E S E L L B K T H M T  
N P S B M C G N V E Z C T U T L T  
T D J P C I V E R Y I W V A E E I  
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E Q B G O W I A C L E D P O K A V  
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N A L S B J J O S Y T W U X Q A P  
W T Z B A X O R O N T G E O F F X  
R S A K N R B J S P Q Y Y M M M B  
L R S C W E Z T S Z J M P A B Y J

SQUIRRELL

CHICKENS

ROOSTER

KITTEN

RABBIT

PUPPY

MOUSE

GEESE

DUCKS

BIRDS

SHEEP

GOATS

HORSE

SWAN

PIGS

PONY

HOG

DOG

COW

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