



Senior Spirit



Hopewell Valley Senior Newsletter

October 2024, Vol. 18, No. 10

Contents

- 2 Senior News
- 3 Hopewell Valley Senior Programs
- 4-5 Calendar
- 6 Public Library Programs
- 7 Fire Safety Word Find
- 8 Useful Phone Numbers



Senior Birthday Breakfast

Friday, October 11, 2024 at 9:00am
Hopewell Valley Golf Club

RSVP no later than October 4th by calling or emailing Senior Services,
(609) 537- 0236, seniorservices@hopewelltp.org

Please join us for a birthday breakfast in your honor,
along with other Hopewell Valley Seniors celebrating
birthdays in the months from July - December.

We welcome and encourage spouses and guests, at a cost of \$20,
which may be paid at the door.



Please do not arrive before 8:45am.



Important Dates:

Thursday, October 3: Rush Hashanah



Saturday, October 12:



Monday, October 14:



Government Offices & Senior Center are CLOSED

Thursday, October 31:

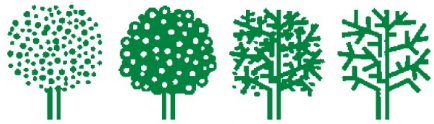


Flu Vaccine Clinics: (Senior Doses are available!)

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@hopewelltwp.org



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.

Saturday, October 5: Movies in the Park, Scooby Doo, 6:30pm at Woolsey Park

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

Saturday, October 19: Haunted Hopewell 3:00pm—5:00pm

Thursday, October 24: Catacombs Tour of Basilica of St. Patrick's Old Cathedral, NYC

HOPEWELL VALLEY SENIOR SERVICES

Hopewell Valley Senior Services: 609-537-0236 or seniorservices@hopewelltp.org

HOPEWELL VALLEY PROGRAMS:

At Home Senior Services Panel: Tuesday, October 1, 10:00am at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Join us for an informative panel discussion focused on empowering you to successfully age in place. Discover a range of at-home services designed to support your independence and well-being, all from the comfort of your home. Our expert panel will cover essential services, including at-home audiology, homecare, personal care products, podiatry, and physical and occupational therapy, all delivered directly to your doorstep. Learn how these convenient and accessible services can enhance your quality of life, making aging in place not just possible, but comfortable and fulfilling. Don't miss this opportunity to get valuable insights and resources tailored to your needs! Registration Requested with Senior Services.

Personal Protection Seminar and Operation Blue Angel: Friday, October 4 10:00am at the Hopewell Township Municipal Building, 201 Washington Crossing Rd, Titusville. Millions of people every year are targeted for some type of scam. Join Senior Services as we learn about protecting ourselves and other programs offered by the Mercer County Sheriff's Office along with Operation Blue Angel offered by the Hopewell Township Police Department. Registration is requested with Senior Services.

Benefits of Walking: Tuesday, October 8, 11:00am—1:00pm at Washington Crossing State Park, Sullivan's Grove, 335 Washington Crossing Pennington Road, next to the Visitor's Center. We will meet under the Pavillion at the Park, have a light brunch and discussion on the Benefits of Walking. After we will take a walk through the park. Registration is requested, please call or email Senior Services, 609-537-0236 or seniorservices@hopewelltp.org.

Artists' Choice Art Show: Thursday, October 10, 3:00pm to 5:00pm at the Mercer County Library, 249 Pennington Titusville Road, Pennington. 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 October. Refreshments are provided by Brandywine Living.

Fall Birthday Breakfast: Friday, October 11, 9:00am—11:00am at the Hopewell Valley Golf Club, 144 Pennington Hopewell Rd., Hopewell. Join us as well celebrate seniors with the birthdays in the months July through December. **HOPEWELL VALLEY RESIDENTS ONLY. Registration is REQUIRED, call or email Senior Services by**

FRIDAY, OCTOBER 4.

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 31. 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. Current session will be held from August 23—October 18. Registration required. \$25/8 week session, cash or check payable to HT Recreation. To register contact Senior Services.

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. To register contact Senior Services.

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, October 21, 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, Group is now lead by Eva Kaplan. Open to all, from beginnings to advanced! .

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!

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, October 16 2:00pm at the HV Senior Center.

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, October 1, 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, October 1, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *The Fire Next Time* by James Baldwin.

Night Knitters: Wednesday, October 2, 16, and 30, 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, 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, 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: Muffins Tuesday, October 15, 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: *The House That Dripped Blood* (1971) Friday, October 25, 2:00 pm. Shortly after renting an old country house, film star Paul Henderson mysteriously disappears and Inspector Holloway (John Bennett) from Scotland Yard is called to investigate. Inquiring at the local police station, Holloway is told some of the house's history. He then contacts the estate agent (John Bryans) renting the house, who elaborates further by telling Holloway about its previous tenants. (Director: Peter Duffell; Running Time: 1 hour; 41 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, October 7, 2:00pm. All are welcome to discuss *James* by Percival Everett. Copies are available at the Hopewell Branch circulation desk.

The Short of It: Nathaniel Hawthorne Wednesday, October 2, 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, "The Minister's Black Veil," "Dr. Heidegger's Experiment," and "Young Goodman Brown." 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



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Sprinkler System
Extinguisher
Prevention
Safety
Alarm
Drop

Smoke Detector
Kitchen Fire
Stay Calm
Escape
Plan
Stop

First aid kit
Fire Fighter
Emergency
Candle
Roll
Map

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