



Senior Spirit

Hopewell Valley Senior Newsletter

November 2024, Vol. 18, No. 11

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Veterans Fair

Friday, November 1
10:00am – 12:00 noon
Hopewell Township Municipal Building
201 Washington Crossing Pennington Road,
Titusville

Join Senior Services as we explore resources available to our Veterans and their spouses.

Hopewell Valley Veterans Association
Mercer County Veterans Services
Synergy HomeCare
Trenton Vet Center
Veteran Care Services
And more...

Registration is requested,
Senior Services: 609-537-0236 or
seniorservices@hopewelltp.org

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Important Dates:

Friday, November 1: Property Taxes Due!



Tuesday, November 5: Election Day



Tuesday, November 5: VAX and VOTE Flu Vaccine Clinic: Hopewell Borough Hall, 10:00am—1:00pm. Any Questions, please call 609-537-0238 or email nurse@hopewelltwp.org

Monday, November 11:



Government Offices & Senior Center are CLOSED

Thursday, November 28:



Government Offices & Senior Center are CLOSED

Friday, November 29: Day after Thanksgiving, Government Offices & Senior Center are CLOSED



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

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

Let the Good Times Roll: Tuesday, November 12, The Shore Club

Rat Pack Holiday Show: Thursday, December 5, The Tropicana, Atlantic City

Joy to the World: Wednesday, December 11, American Music Theatre

NYC Holiday Trip: Sunday, December 15, New York City

Holiday Tea & Tours: Tuesday, December 17, Cairnwood Estates

Philadelphia Flower Show: Wednesday, March 5

Uptown Motown: Thursday, March 27, Tropicana, Atlantic City

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

Veterans Fair: Friday, November 1, 10:00am to 12:00 noon at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville, NJ 08560. Join us to explore resources available to veterans and their spouses with information tables with Mercer County Veterans Services, Synergy HomeCare, Veteran Care Services, Trenton Vet Center and more. No registration is necessary.

Rabies Clinic: Saturday, November 2, 9:00am—12:00 noon at Hopewell Township Public Works, 203 Washington Crossing Pennington Road, Titusville, NJ 08560. No registration or residency restrictions.

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 October 31—December 26. 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 October 25—December 27. 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 November 12—December 31 (no class 12/25). 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 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, November 18, 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, November 20, 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, November 5, 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, November 5, 6:30 - 8:00 pm. The HPL book club will meet to discuss their latest literary selection: *The Lemon Tree: An Arab, A Jew and the Heart of the Middle East* - Sandy Tolan

Night Knitters: Wednesday, November 13 and 27, 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 11/11), 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 11/28), 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: Thanksgiving Leftovers Tuesday, November 19, 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. Yes, vegetarian options will be available! **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: *Joe Bell* (2021) Friday, November 22, 2:00 pm. The true story of a small town, working class father who embarks on a solo walk across the U.S. to crusade against bullying after his son is tormented in high school for being gay. (Director: Reinaldo Marcus Green; Running Time: 1 hour; 33 minutes.)

Mahjong in the Morning: Fridays (canceled 11/29), 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, November 4, 2:00pm. All are welcome to discuss *The Paris Apartment* by Lucy Foley. Copies are available at the Hopewell Branch circulation desk.

The Short of It: Virginia Driving Hawk Sneve Wednesday, November 13, 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 Virginia Driving Hawk Sneve's stories, "The Medicine Bag," "Grandpa Was a Cowboy and an Indian," and "Fool Soldiers." 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

VETERANS DAY

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

NATIONAL GUARD
 WORLD WARS
 INFANTRY
 VETERANS
 PATRIOT
 MEDALS
 ARMY

COAST GUARD
 KOREAN WAR
 SOLDIERS
 MILITARY
 RESPECT
 THANKS
 NAVY

COMMEMORATE
 AIR FORCE
 NOVEMBER
 MARINES
 TROOPS
 FLAGS
 HERO

VIETNAM WAR
 GRATITUDE
 AMERICAN
 PARADES
 SALUTE
 HONOR

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

Mercer County Consumer Affairs: (609) 989-6671

Mercer County Library-Hopewell: (609) 737-2610

Mercer County Meals on Wheels: (609) 695-3483

Mercer County Office on Aging: (609) 989-6661

Mercer County Surrogate: (609) 989-6331

Hopewell Twp Recreation: (609) 737-3753

RideProvide of Greater Mercer County: (609) 452-5140

Senior Services, Randi Malkiewicz: (609) 537-0236

seniorservices@hopewelltpw.org

TRADE Transportation: (609) 530-1971