



Senior Spirit

Hopewell Valley Senior Newsletter

December 2024, Vol. 18, No. 12

Contents

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



New Year
PARTY

TUESDAY, DECEMBER 31
1:00PM - 3:00PM

HV SENIOR CENTER
395 READING STREET
PENNINGTON, NJ 08534

REGISTRATION REQUIRED!
Call or email Senior Services
by 12/23, 609-537-0236 or
seniorservices@hopewelltpw.org

Important Dates:

Monday, December 2: Hopewell Township Tree Lighting

Friday, December 6: Pennington Borough Holiday Walk



Saturday, December 7:



Tuesday, December 24: Christmas Eve, Municipal Offices and Senior Center are CLOSED

Wednesday, December 25:



Municipal Offices and Senior Center are CLOSED

Thursday, December 26:



Tuesday, December 31:



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.

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@hopewelltp.org

HOPEWELL VALLEY PROGRAMS:

New Year Party: Tuesday, December 31, 1:00pm—3:00pm at the HV Senior Center, 395 Reading Street, Pennington. Join friends and fellow seniors as we celebrate the close of another year. Enjoy the musical talents of Karl Dentino, sweet treats and sparkling cider. Registration is REQUIRED, call or email Senior Services, 609-537-0236 or seniorservices@hopewelltp.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 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 12/24). 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 (Canceled 12/25), 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 (Canceled 12/25), 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, December 23, 12:00 noon at the HV Senior Center.

Artists' Choice—Tuesdays, (canceled 12/31) 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, December 18, 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, December 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.

Holiday Open House: Saturday, December 7, 1:00pm—3:00pm at Hopewell Public Library. Come to the Hopewell Public Library for our annual Holiday Open House, held in conjunction with the Hopewell Museum and the Hopewell Baptist Meeting House. Delight in homemade refreshments while you peruse the library's collection and review our 2024 programming. Winter-themed activities will be available in the children's room. As a special bonus, you can enjoy live music-The Sounds of the Season- provided by the Raritan Valley Trombone Trio from 1:30-2:30 pm.

HPL Book Club: Tuesday, December 3, 6:30 - 8:00 pm. Please contact HPL Library for literary selection for the month.

Night Knitters: Wednesday, December 11, 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 12/23 & 12/30), 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. Registration Requested.

Cribbage & Coffee: Thursdays (canceled 12/26), 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Gift Wrapping Stations: Fridays, December 6 & 20 from 2:30pm—4:30pm and Saturdays, December 7 & 21 from 10:00 am—12:00 noon. Come wrap your holiday gifts in peace and quiet. The library will provide wrapping paper, ribbons, and tape. Use our space to ensure you keep your gifts a secret. Stations open while gift wrapping supplies last.

Mahjong in the Morning: Fridays (canceled on 12/27), 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, December 2, 2:00pm. All are welcome to discuss *Homecoming* by Kate Morton. Copies are available at the Hopewell Branch circulation desk.

The Short of It: F. Scott Fitzgerald Wednesday, December 11, 2:00pm. 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 F. Scott Fitzgerald's stories, "Crazy Saturday," "Babylon Revisited," and "Winter Dreams." 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



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

in with the new
gathering
balloons
midnight
cheers
clock

celebration
countdown
confetti
January
flute
happy

noisemaker
champagne
calendar
dancing
horns
plans

resolution
fireworks
new year
holiday
music
kiss

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

Hopewell Twp Recreation- (609) 737-3753

Mercer County Consumer Affairs-(609) 989-6671

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

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

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