



Senior Spirit

Hopewell Valley Senior Newsletter

January 2024, Vol. 19, No. 1

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Hopewell Valley Senior Services

*What's There To Do
Around Here?? Senior Fair*

Friday, January 31, 2025

11:00am – 1:00pm

Hopewell Township Municipal Building
201 Washington Crossing Pennington Road, Titusville

Join us as we fill our calendars for
2025 with local activities and
programs offered in and around
Hopewell Valley.

*Lunch provided by Brandywine Living at Pennington
No Registration Required*

Important Dates:

Wednesday, January 1:



Government Offices & Senior Center CLOSED!

Monday, January 20: Martin Luther King Jr. Day, Government Offices & Seniors Center CLOSED!



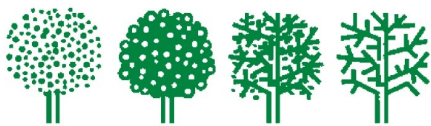
i have a dream!

Eva Kaplan is our new Art Group Leader. With a lifelong involvement in the arts, Pennington resident Eva L Kaplan is anticipating sharing the self-fulfillment achieved through hands-on expression of thoughts and feelings with painting, drawing, or mixed media experiences she'll offer here at the Senior Center in Pennington through the auspices of Hopewell Valley. Locally, Eva has been a fine arts instructor at Princeton Art Association and The College of New Jersey and curated exhibits at the New Jersey State Museum which received recognition and support by the NJ State Council on the Arts and the National Endowment for the Arts. She has been a featured speaker at the Trenton Computer Festival annually since its inception 48 years ago.

Eva received her B. A. cum laude from Hunter College where world renowned artists such as Robert Motherwell and Gabor Peterdi were her mentors. Eva received a Masters Degree in Interrelated Arts is from New York University and included architectural studies with Arthur Kessler. Her works have enriched the walls museums worldwide and of special note she has commissioned work in the collection of the Sherlock Holmes Museum in London.



Join us for our once a month special art lesson using different mediums (First Tuesday of the Month). The following weeks of the month are available to continue to work on the projects and receive feedback. Follow updates in the Senior Spirit for each months lesson.



HOPEWELL TOWNSHIP
Parks & Recreation Department

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

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

Philadelphia Flower Show: Wednesday, March 5, Philadelphia Convention Center

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

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

Hopewell Township Rabies Clinic: Saturday, January 4, 9:00am—12:00 noon at Hopewell Township Public Works, 203 Washington Crossing Pennington Road, Titusville. No registration or residency restrictions.

Senior Fair: Things to Do Around Town: Friday, January 31, 11:00am –1:00pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Join us as we get our calendars set for 2025 with activities in programs offered in and around Hopewell Valley. Lunch provided by Brandywine Senior Living in Pennington. No registration required.

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 January 2—February 20. 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. 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. 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 1/1 & 1/20), 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 1/1), 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 (canceled 1/20) 1:30pm-4:00pm at the Hopewell Valley Senior Center. All experience levels.

Newsletter Folding—THIRD TUESDAY, January 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. Eva Kaplan will be leading an our inspired artist group along side our advanced artists'. FREE Art Lessons are offered the FIRST Tuesday of the month. This month's lesson, January 7th will be **Watercolor & Tempera Painting, Program, registration is requested by Friday, 1/3. Supplies provided, feel free to bring your own.** Open to all, from beginners 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, January 15, 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. **Interested in learning Mahjong? Contact Senior Services, we are working on starting an instructional class Wednesday Afternoons.**

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, January 7, 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, January 7, 6:30 - 8:00 pm. Please contact HPL Library for literary selection for the month.

Night Knitters: Wednesday, January 8 & 22, 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.

Speaker Series: Preservation of the Hopewell Railroad Station: Wednesday, January 15, 6:30pm—8:30pm at Hopewell Presbyterian Church, 80 W. Broad Street, Hopewell.

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

To register please call 609-737-2610 or email hopeprogs@mcl.org

Annual Book Sale: Saturday, January 18 through Saturday, January 25, during library hours. Stop by the library for our annual book sale, sponsored by the Friends of Hopewell Branch Library. Peruse our selection of children's and adult books, CDs, and DVDs for some fun finds, or bring home some old favorites. Book sale is open during library hours. Proceeds go toward funding programs at the Hopewell Branch Library.

Canasta Meet-up: Mondays, January 13 & 27, 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, January 2, 16, & 23, 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Exploring Vegetarian Cooking: Vegetarian Tacos: Tuesday, January 21, 10:30 am

During this culinary program, we'll explore a variety of vegetarian dishes! You'll have the opportunity to taste our featured dish and leave with the recipe to inspire you at home. **Please Note:** If you have a food allergy we need to be aware of, please email hopeprogs@mcl.org prior to the event. *Space is limited; please email hopeprogs@mcl.org or call 609.737.2610 to register.*

Mahjong in the Morning: Fridays, (canceled 01/10), 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.*

Mobile NJ Motor Vehicle Commission: Monday, January 6 through Friday, January 10, 9:00 am to 3:00 pm. Your MVC is coming to the Hopewell Branch! New Jersey residents can sign up for any of the following services at the Hopewell branch: REAL ID; Registration Renewal; Non-Driver ID; and Duplicate/Replacement Title or Registration. *Please email hopeprogs@mcl.org or call 609.737.2610 to make an appointment.*

Monday Afternoon Book Club: Monday, January 13, 2:00pm. All are welcome to discuss *The God in the Woods* by Liz Moore. Copies are available at the Hopewell Branch circulation desk.

The Short of It: Aaliyah Bilal Wednesday, January 15, 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 Aaliyah Bilal's stories, "Candy for Hanif," "Woman in Niqab," and "Nikkah." 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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Early Dismissal	Freezing Cold	Hot Chocolate	Marshmallows	Winter Tires
Snow Blower	Tomato Soup	Heavy Coat	Snow Pants	Snowflakes
Fireplace	Ice Storm	No School	Blizzard	Sledding
Toboggan	Warm Hat	Mittens	Plowing	Cleats
Delays	Gloves	Shovel	Boots	Scarf

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