



Senior Spirit

Hopewell Valley Senior Newsletter

February 2025, Vol. 19, No. 2

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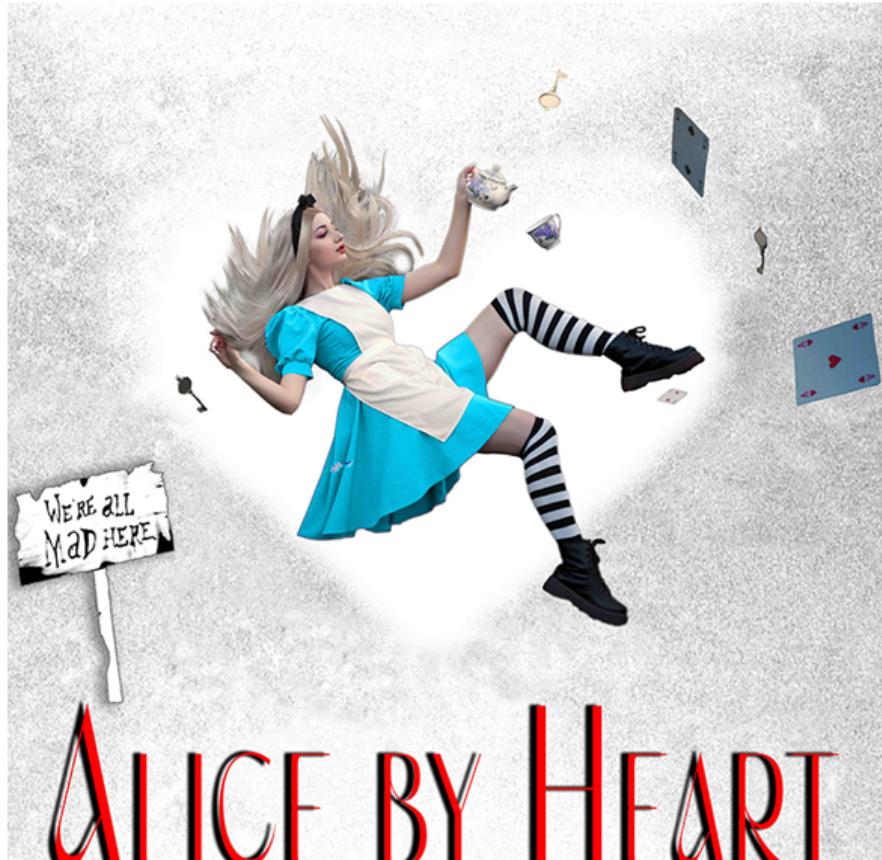
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ALICE BY HEART

SPRING PLAY PREVIEW

Wednesday, February 26, 2025, arrive @ 1:50pm

HV Central High School PAC

249 Pennington Titusville Road, Pennington

When the ailing Alfred is quarantined, Alice encourages him to escape with her into their cherished book and journey down the rabbit hole to Wonderland. As they travel through the tale, ALICE BY HEART explores the poignancy of first love, coming to terms with loss, and finding the courage to move forward.

**Registration is requested. Contact HV Senior Services,
609-537-0236 or seniorservices@hopewellwp.org**

Important Dates:

Wednesday, February 12:



Lincoln's Birthday, Hopewell Township and Senior Center are CLOSED

Friday, February 14: Valentine's Day



Monday, February 17: President's Day, Government Offices and Senior Center are CLOSED



SENIOR SERVICES WANTS TO HEAR FROM YOU! We are always looking for feedback and ideas for presentations and programs. If you have an idea, we would love to hear it! Please contact Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org and we will do our best to accommodate!



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.**

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

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

Want to be the first to know about new trips the Recreation Dept is planning?! Sign-up for the Recreation email list! To register, email Recreation@hopewelltwp.org.

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

Alice by Heart, Senior Play Preview: Wednesday, February 26, 1:50pm at Performing Arts Center, Hopewell Valley Central High School, 259 Pennington Titusville Road, Pennington. When the ailing Alfred is quarantined, Alice encourages him to escape with her into their cherished book and journey down the rabbit hole to Wonderland. As they travel through the tale, ALICE BY HEART explores the poignancy of first love, coming to terms with loss, and finding the courage to move forward. Registration is requested, contact Senior Services.

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 9—February 27. Registration required. 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. Next session is beginning on Friday, February 7. 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! Next session is beginning on Tuesday, February 11. 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 2/12 & 2/17), 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 2/12), 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 ACTIVITES: 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 welcomed.

Newsletter Folding—THIRD TUESDAY February 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. Eva Kaplan will be leading our inspired artist group along side our advanced artists' providing the FREE Art Lessons offered the FIRST Tuesday of the month. This month's lesson, February 4th will be **Collage, registration is requested by Friday, 1/31. 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, February 4, 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, February 4, 6:30 - 8:00 pm. Please contact HPL Library for literary selection for the month.

Night Knitters: Wednesday, February 5 & 19, 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

Canasta Meet-up: Mondays, February 3, 10 & 24 (canceled 2/17), 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, 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Exploring Vegetarian Cooking: Dumpling and Smashed Cucumber Salad with Peanut Sauce

Tuesday, February 18, 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 and Saturday, February 1 & 15 (only), 10:00am—12:00 noon and 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, February 3, 2:00pm. All are welcome to discuss *The Fraud* by Zadie Smith. Copies are available at the Hopewell Branch circulation desk.

Tax Help: AARP Foundation Tax-Aide (by appointment only): Tuesdays, February 4, 11, 18 & 25, 9:30 am - 1:30 pm. Free tax preparation from AARP Tax-Aide. AARP trained tax preparers focus on low and moderate income returns and can prepare personal returns within training guidelines. Tax preparers can e-file Federal and state returns, as well as PTR ("Senior Freeze") forms. *Registration is required. Please call 609.737.2610 to make an appointment.*

The Short of It: Charles W. Chesnutt Wednesday, February 12, 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 Charles W. Chesnutt's stories, "The Goophered Grapevine," "The Sheriff's Children," and "The Bouquet." Copies of the stories are available at the Hopewell Branch Reference Desk.

Thursday Dominoes: Thursdays, 2:00 pm Join librarian and domino enthusiast Chip McAuley for a fun and friendly game of dominoes - your favorite game. Bring your friends and settle in for an hour of fun, conversation and bones. Dominoes will be provided - though please feel free to bring your own if you prefer.

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

Heart Healthy



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

cardiovascular system
blood pressure
cardiologist
ventricles
aerobic
aorta
pulse

white blood cells
blood vessels
heart murmur
arteries
atrium
atria
valve

red blood cells
aortic valve
circulation
chambers
stroke
heart
veins

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