



Senior Spirit

Hopewell Valley Senior Newsletter

March 2025, Vol. 19, No. 3

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Friday, March 7, 2025

10:30am - 11:30am

Hopewell Township Municipal Building
201 Washington Crossing Pennington Road, Titusville

Mercer County Board of Social Services will review all the programs they offer to seniors and families of Mercer County.

- Cash Assistance
- Food Assistance
- Medical Assistance
- Social Services
- Funeral & Burial Assistance
- Transportation Assistance
- And more...



Hopewell Valley Senior Services

Important Dates:

Sunday, March 9: Daylight Saving Begins, Spring Forward
Check your smoke detector batteries!



Monday, March 17:



Thursday, March 20:



Friday: March 21:



Smart Driver Course, Hopewell Township Municipal Building 9:00am—3:00pm

Meals on Wheels in need of delivery volunteers on weekdays

Meals on Wheels of Mercer County (MOWMC), a leading nonprofit agency dedicated to providing nutritious meals and related services to homebound, isolated seniors, is actively seeking committed delivery volunteers to join our mission of enhancing the lives of our neighbors in need. MOWMC serves seniors who are 60 years and older, many of whom are unable to cook or shop for themselves. Often these older adults are "invisible" in the community and vulnerable to food insecurity.

Volunteers deliver Monday through Friday. Meals are picked up at Rider University (Lawrenceville) between 10:00 a.m. and 10:30 a.m. Our service areas include: Ewing, Trenton, Lawrenceville, Hopewell, Pennington, Hamilton, Princeton, East Windsor, West Windsor and Hightstown. Using their own cars, volunteers follow a route that takes about 90 minutes to complete.



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@hopewelltwp.org

HOPEWELL VALLEY PROGRAMS:

Community Connections: MCBOSS: Friday, March 7, 10:30am—11:30am at Hopewell Township Municipal Building. Mercer County Board of Social Services offers various services to the residents of Mercer County. MC BOSS Community Outreach Staff is knowledgeable in areas that provide benefits to various programs such as NJ SNAP (Food Stamps), Simplified Nutrition Assistance for Seniors (SNAS), General Assistance for Single Adults, Housing, Medicaid (NJ Family Care) & Medicaid for Aged Blind & Disabled (ABD), WFNJ TANF (Work First New Jersey/ Temporary Assistance for Needy Families). Our Goal is to build a stronger relationship with the community that will foster positive relationships. Learn about the valuable resources available to you through MCBOSS. Registration is requested to Senior Services.

AARP Smart Driver Course: Friday, March 21 from 9:00am to 3:00pm at the Hopewell Township Building. Registration is REQUIRED. \$20/person for AARP Members or \$25 for non-members, checks or cash payable at class. To Register, 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 March 6—April 24. 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. Session 1 runs from Friday, February 7—March 28. 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! Session I runs from Tuesday, February 11—April 1. Fee for the class is \$25/8 week session, cash or check made payable to HT Rec. 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, 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 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, 1:30pm-4:00pm at the Hopewell Valley Senior Center. All experience levels.

Newsletter Folding—Third Monday, March 17, 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, March 4th will be **Self Portraits/Portraits, registration is requested by Friday, February 28. 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, March 19, 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, March 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, March 4, 6:30 - 8:00 pm. This month's selection is The Book of Two Ways by Jodi Picoult.

Night Knitters: Wednesday, March 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 (canceled 3/31) 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: Vegetarian Shepard's Pie: Tuesday, March 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, March 1 & 22 (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, March 3, 2:00pm. All are welcome to discuss *Tell Me Everything* by Elizabeth Strout. Copies are available at the Hopewell Branch circulation desk.

The Short of It: Angela Carter Wednesday, March 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 Angela Carter stories, "The Bloody Chamber" and "The Erlking" 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



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

caterpillar	blossoming	butterfly	daffodils	hyacinth
sunshine	snowdrop	outdoor	tadpole	rainbow
flowers	rabbits	season	crocus	blooms
tulips	fresh	hatch	lambs	grass
bulbs	calf	foal	buds	

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