



Senior Spirit

Hopewell Valley Senior Newsletter

March 2025, Vol. 19, No. 4

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Friday, April 11, 2025 at 9:00am

Hopewell Valley Golf Club

RSVP no later than April 2 by calling or emailing Senior Services, (609) 537-0236, seniorservices@hopewelltwp.org

Please join us for a birthday breakfast in your honor, along with other Hopewell Valley Seniors celebrating birthdays in the months from January - June.

We welcome and encourage spouses and guests, at a cost of \$20, which may be paid at the door.

Important Dates:

Tuesday, April 1:



Saturday, April 12:



Sunday, April 13:



Tuesday, April 15:



Thursday, April 17—Saturday, April 19: Pennington Fire Company & Union Fire Company Flower Sales

Friday, April 18:



, Government Offices & Senior Center are CLOSED

Sunday, April 20:



SAVE THE DATE: New Senior NJ STAY Program presentation. **FRIDAY, MAY 2, 10:00am** at Hopewell Township Building NJ STAY Application is combining the SENIOR FREEZE (PTR blue book), ANCHOR and the NEW NJ STAY applications. Registration is requested to Senior Services.



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.

The Best of Broadway: Wednesday, April 16 at The Shore Club

Swing: Wednesday, April 23 at Hunterdon Hills Playhouse

Old Westbury Gardens & House Tour: Wednesday, May 7

Still Surfin': Tuesday, May 13 at Penns Peak

Gypsy on Broadway: Wednesday, May 21 at the Majestic Theatre

Noah & Shady Maple: Wednesday, June 4 at Sight & Sound Theatre

Lake Hopatcong Lunch Cruise: Thursday, June 12

9 to 5: Tuesday, July 1 at Surf Light Theatre

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

Community Connections: Volunteer Fair: Friday, April 4 from 10:00am—12:00noon at the Hopewell Township Municipal Building. Join us and different volunteer organizations from in and around Hopewell Valley. Looking for something new to get involved in, meet new people? Join us and get involved!

Spring Birthday Breakfast: Friday, April 11 from 9:00am to 11:00am at the Hopewell Valley Golf Club. Please join us for a birthday breakfast in your honor, along with other Hopewell Valley Seniors celebrating birthdays in the months from January through June. We welcome and encourage spouses and guests to attend at a cost of \$20, which may be paid at the door. **Registration is required, please call or email Senior Services by Wednesday April 2, 609-537-0236 or seniorservices@hopewelltwp.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) 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, April 4—May 23. 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, April 8—May 27. 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, April 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 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, April 1st will be **Sculpture, registration is requested by Friday, March 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, April 16, 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, April 1, 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, April 1, 6:30 - 8:00 pm. This month's selection is **The Botany of Desire: A Plant's Eye View of the World** by Michael Pollan

Night Knitters: Wednesday, April 2, 16 & 30, 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 4/28) 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 4/24) 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Exploring Vegetarian Cooking: Fatayer: Tuesday, April 15 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.*

How to Create a Pollinator Garden for Beginners: Saturday, April 26, 10:30am. Join the Hopewell Valley Community Wildlife Habitat Program for a fun and informative session on starting your very own pollinator garden. Learn all about the importance of pollinators and how you can attract them to your garden. Expert speakers will guide you through the process step by step. You will learn how to start a garden of any size (even if you're new to gardening), why now is the time to start your garden and how to create a low maintenance garden that you'll love. Don't miss out on this opportunity to make a positive impact on the environment while beautifying your outdoor space. *Space is limited; please email hopeprogs@mcl.org or call 609.737.2610 to register.*

Mahjong in the Morning: Fridays, April 4, 11 & 25 and Saturdays, April 12 & 19, 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, April 7, 2:00pm. All are welcome to discuss *The Magnolia Palace* by Fiona Davis. Copies are available at the Hopewell Branch circulation desk.

The Short of It: Susan Muaddi Darraj Wednesday, April 9, 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 Darraj's stories, "The Fall" and "Village Gossip: The View from the Qahwah," and "The New World." 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.

Wednesday Scrabble: Wednesdays, 2:00pm. Join fellow wordsmiths for a fun and challenging game of Scrabble! *Scrabble Dictionary, Seventh Ed.* will be our ultimate arbiter.

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

Volunteer Fair

Friday, April 4

10:00am - 12:00noon

**Hopewell Township Building
201 Washington Crossing
Pennington Road, Titusville**

**Looking for things to do
...Volunteer!!**

Join us as we promote different Hopewell Valley Organizations looking for help and/or an extra set of hands.

**Meet new people and
make new friends!**



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