



Senior Spirit

Hopewell Valley Senior Newsletter

June 2025, Vol. 19, No. 6

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Banking SCAMS & FRAUD

Friday, June 6, 2025, 10:00am

Hopewell Borough Hall

88 East Broad Street, Hopewell

Join us as Jason Koenigsberg, AVP & Branch Manager from Bank of Princeton, discusses potential banking scams and fraudulent activity you may experience and tips to avoid becoming a victim to them!

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



Important Dates:

Friday, June 6:



Tuesday, June 10: Primary Election, Senior Center CLOSED



Friday, June 14:



Sunday, June 15:



Thursday, June 19:



Friday, June 20:

COMPUTER CLASSES: Senior Services has partnered with Mercer County Library—Lawrence to offer computer classes to Hopewell Valley Residents. They will be here the 4th Wednesday of the month from 2:00pm—3:00pm at the HV Senior Center. If you have ideas or need specific help, please call Senior Services. We will schedule classes based on YOUR needs.

FARMERS MARKET VOUCHERS AVAILABLE! Mercer County Seniors may be eligible for free \$50 vouchers to be used at local farmers' markets this summer. Eligible participants must have an income below \$27,861 per year (single) or \$37,814 per year for a dual income household. If you meet these requirements and are interested, please contact Senior Services to fill out an application. First come, first served, these vouchers are available county-wide.

MONTHLY HEALTH TIPS: June is Men's Health Awareness Month!

7 Men's Health Tips: Schedule regular checkups, know your numbers, get preventative screenings, move your body, eat a healthy diet, prioritize mental wellbeing, and build a good support system.



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

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

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: Banking SCAMS & FRAUD. Friday, June 6, 2025, 10:00am at Hopewell Borough Hall, 88 East Broad Street, Hopewell. Join us as Jason Koenigsberg, AVP & Branch Manager from Bank of Princeton, discusses potential banking scams and fraudulent activity you may encounter. **Learn tips to avoid falling victim to scams & fraud!** Registration Requested to Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org.

EXERCISE CLASSES: Hopewell Township Municipal Building, 201 Washington Crossing Pennington Rd.

FREE Exercise Week: Senior Services is offering a FREE trial week of exercise classes offered. We are hosting this trial week from Monday, June 16 to Friday, June 20. Monday is Healthy Bones at 10:30am, Tuesday is Creative Well-Being at 1:00pm, Healthy Bones is offered again on Wednesday at 10:30am, Active Aging trial class will be held at 9:00am ONLY, Chair Yoga trial class will be held at 2:30pm ONLY. Please register for any classes you are interested in learning more about with Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org.

Active Aging Exercise Class—Thursdays, 9:00am—9:50am (in-person) AND 10:00am—10:50am (in-person and Zoom) Session dates May 8—June 26. 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, May 30—July 25. Registration required. \$25/8 week session, cash or check payable to HT Recreation. To register contact Senior Services.

Creative Well-Being—Tuesdays (no class Tuesday 6/10), 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 runs from Tuesday, June 3—July 22. 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.

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, June 23, 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, June 3rd will be **Charcoals, registration is requested by Friday, May 30. 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, June 18, 2:00pm at the HV Senior Center.

Tech Savvy Seniors Computer Class—Fourth Wednesday: 2:00pm—3:00pm at the Hopewell Valley Senior Center. Registration is Required, call or email Senior Services.

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, June 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.

HPL Book Club: Tuesday, June 3, 6:30 - 8:00 pm. This month's selection is **The Loss of El Dorado by V.S. Naipaul**

Night Knitters: Wednesday, June 11 & 25, 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, 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: **TUESDAYS, June 10 & 24, *NEW DAY*** 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Dominoes: Thursdays, 10:00am 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.

Exploring Vegetarian Cooking: Veggie Sloppy Joe & Pickleback Slaw: Tuesday, June 17 at 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.*

Film Screening: To Olivia: The True Story of Roald Dahl (2021): Friday, June 27, 2:00 pm. In 1962, Roald Dahl was an upcoming children's author, his wife, Patricia Neal, was a Hollywood movie star. Their lives are turned upside down when their daughter Olivia contracted measles and died. Her death devastated the couple, yet their shared grief became a source of redemption and strength. *To Olivia: The True Story of Roald Dahl (2021)*, directed by John Hay (Not Rated; Running Time: 1 hour, 33 minutes).

Mahjong in the Morning: Fridays (cancelled 6/20) and Saturday, June 14 & 28 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, June 2, 2:00pm. All are welcome to discuss *The Mystery of Mrs. Christie* by Marie Benedict. Copies are available at the Hopewell Branch circulation desk.

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

The Short of It: John Chu Wednesday, June 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 John Chu's stories, "Quantifying Trust," "The Water That Falls on You from Nowhere," and "Restore the Heart into Love." Copies of the stories are available at the Hopewell Branch Reference Desk. *Registration is not required.*

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



NATIONAL SAFETY MONTH

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

Life Jacket	Flashlight	Sunscreen	Hydration	First Aid
Bug Spray	Swimming	Canoeing	Campfire	Whistle
Shallow	Fishing	Current	Compass	Camping
Woods	Water	Knife	Kayak	Float
Beach	Tent	Food	Deep	Boat

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