



Senior Spirit

Hopewell Valley Senior Newsletter

July 2025, Vol. 19, No. 7

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Laughter: The Secret to Growing Older Gracefully

Friday, July 11, 2025

10:30am - 11:30am

Hopewell Township Municipal Building
201 Washington Crossing-Pennington Road, Titusville

You probably already know that laughter is good for you because it makes you feel good. That's just the tip of the iceberg; the benefits of laughter go far beyond that immediate good feeling.

George Scherer has performed in comedy clubs in the Greater New Jersey area, which includes Philadelphia and New York city. Affectionately called the "funniest man in the world" by his four-year-old granddaughter, George now embraces the role of humorist. Unlike comedians who aim for quick laughs, humorists like George weave humor into insightful messages to enrich the quality of both personal and professional lives.

Join us for this special event and discover how laughter can enhance your life and the lives of those you care about.

**Registration Requested, contact Senior Services:
609.537.0236 / seniorservices@hopewelltwp.org**

Important Dates:

Friday, July 4:  **Government Offices & Senior Center CLOSED**
Titusville Fourth of July Parade, River Drive, Titusville



WELLNESS WATCH TIP: July is UV Safety Month

Know the ABCDE's of Melanoma:

A: Asymmetry, B: Border, C: Color, D, Diameter, E: Evolving
(provided by Hopewell Township Nurse)

School Crossing Guards Needed! Hopewell Township Police Department is hiring Crossing Guards! Positions could be up to 2 hours/day, Monday through Friday. Compensation is \$25/hour. Full time and Substitute positions are available throughout Hopewell Township and Hopewell Borough. Join the program now to be fully trained and prepared for the 2025-2026 school year! Please contact Lt. Vastola if you are interested 609-737-3100 x5320.



GrandPals! The GrandPals program builds friendships between elementary school children and seniors in their community. In this program, an older adult is matched with two to three young learners, providing a wonderful opportunity for different generations to get to know one another and share a love of reading.

We are expanding our program to FOUR elementary schools during the 2025—2026 school year: Bear Tavern, Hopewell, Stony Brook and Toll Gate! The program will take place at the schools weekly during the school year. The GrandPals will meet with the kindergartners for about 30 minutes.

We will be hosting an information session on Tuesday, August 19th at 10:00am for all GrandPals old and new who are interested in participating in the 2025-2026 program. If you are interested in volunteering or have any questions about the program, please do not hesitate to contact Senior Services.



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.

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

Wildwood Family Day: Saturday, July 19

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

Community Connections: Laughter The Secret to Growing Older Gracefully Friday, July 11, 10:30am—11:30am, Hopewell Township Municipal Building, 201 Wash Xing Rd, Titusville. You probably already know that laughter is good for you because it makes you feel good. Join us for this special event and discover how laughter can enhance your life and the lives of those you care about. Registration Requested.

FREE Hearing Screening: Wednesday, July 30, 1:00-3:00pm at the Hopewell Valley Senior Center. Horizon Audiology will be hosting free Audiology Screenings REGISTRATION REQUIRED, BY APPOINTMENT ONLY. Contact Senior Services for your appointment, first come first serve!

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

FREE TRIAL CLASS: Meditation, Mundra & Sounds: Wednesday, July 9, 1:30pm—2:30pm at Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. This class will look into aspects of yogic practice that bring wellness to our mind and body. Our focus will be on simple and attainable pranayama techniques (breath control) that emphasize oxygenation of our brains and bodies, while applying simple hasta mudras (hand gestures) and guided meditation using sound, or mantras. These practices optimize our ability to be calm, centered and help us to be free from the strain & stress of daily life. Registration Required, contact Senior Services.

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, (no class 7/4) 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, 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 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 play a game!

Social Bridge—Mondays, 1:30pm-4:00pm at the Hopewell Valley Senior Center. All experience levels.

Newsletter Folding—Third Monday, July 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, July 1st will be **American Art From Then to Now with Combined Mediums, registration is requested by Friday, June 27. Supplies provided, feel free to bring your own.**

Just Games—Wednesdays: 1:00pm—3:00pm at the Hopewell Valley Senior Center. Join us as we socialize 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. This months lesson will be: Internet & Email Basics. Please feel free to bring your laptop, Chrome books will be provided if needed. 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, July 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, July 1, 6:30 - 8:00 pm. This month's selection is The Giant's House - Elizabeth McCracken.

Night Knitters: Wednesday, July 9 & 23, 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, (canceled 7/8 & 7/22) 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Dominoes: Thursdays, (canceled 7/17)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: Summer Corn Pizza: Tuesday, July 8 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: This Beautiful Fantastic (2016) Friday, July 25, 2:00 pm. A contemporary fairy tale revolving around the unlikely friendship between a reclusive young woman with dreams of being a children's book author and a cantankerous widower, set against the backdrop of a beautiful garden in the heart of London. *This Beautiful Fantastic (2016)*, directed by Simon Aboud (Rated PG; Running Time: 1 hour, 32 minutes) *Registration is not required.*

Mahjong in the Morning: Fridays (cancelled 7/4) and Saturday, July 12 & 26 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) 2025 card and rules. *Registration is required.*

Monday Afternoon Book Club: Monday, July 7, 2:00pm. All are welcome to discuss *The Women* by Kristin Hannah. Copies are available at the Hopewell Branch circulation desk.

Scrabble: Wednesdays, (canceled 7/9) 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: David Foster Wallace Wednesday, July 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 David Foster Wallace's stories, "Here and There," "The Depressed Person," and "Good People." 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



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DERMATOLOGIST	ULTRAVIOLET	CUMULATIVE	SUNGASSES
DANGEROUS	RADIATION	SUNSCREEN	EXPOSURE
MELANOMA	OUTDOORS	SPECTRUM	MELANIN
BRIGHT	DAMAGE	SAFETY	VISION
SHADY	BURN	EYES	PEAK
RASH	RAYS	SKIN	SUN

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