



Senior Spirit

Hopewell Valley Senior Newsletter

August 2025, Vol. 19, No. 8

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Hopewell Valley Residents ONLY!

Hopewell Valley Senior Picnic

Thursday, September 11, 2025

(rain date Thursday, September 18th)

12:00noon – 2:00pm

Sullivan's Grove,

Washington Crossing State Park

355 Wash Crossing Pennington Rd, Titusville



Hopewell Valley Senior Services and Hopewell Township Recreation invite you to the Annual Senior Picnic at Washington Crossing State Park. Enjoy an afternoon with lunch, music, prizes and most importantly our friends.

Registration is REQUIRED! Call or email Senior Services by **Monday, August 25th**, 609-537-0236 or seniorservices@hopewelltwp.org.



Hopewell Valley Senior Services



Important Dates:

Tuesday, August 5:



Thursday, August 21:

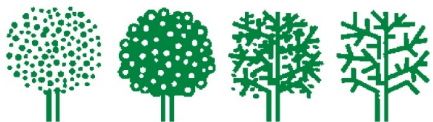


WELLNESS WATCH TIP: August is Immunization Awareness Month. Don't wait to vaccinate! Getting vaccines at the recommended time is the best way to protect against serious diseases.

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. Registration is requested for the Orientation Meeting, please contact Senior Services, 609-537-0236 / seniorservices@hopewelltwp.org.



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.

Wednesday, August 13: Movies in the Park "IF", Woolsey Park, 8:30pm

Wednesday, August 20: Concert in the Park Full Grown Men Band, Woolsey Park, 6:30pm

Tuesday, September 30: Doo Wop to Disco at The Shore Club

Wednesday, October 22: A Chorus Line at Dutch Apple Theatre

Wednesday, October 29: Million Dollar Quartet at Walnut Street Theatre

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

Community Connections: Maps, Apps and You! Friday, August 1, 10:00am at the Hopewell Township Building, 201 Washington Crossing Pennington Road, Titusville. Learn to use technology to get around how and when you want. Oh the places you will go navigating your transportation options! Presented by Greater Mercer TMA. Registration requested to Senior Services.

GrandPals Orientation: Tuesday, August 19 10:00am at Hopewell Township Building. Registration Requested to Senior Services. See page 2 for more details.

Senior Ice Cream Social: Friday, August 22, 1:00pm—2:30pm at the Hopewell Township Building. Celebrate National Senior Citizen's Day (August 21) with friends with ice cream!! Registration is REQUIRED to Senior Services by Friday, August 15. Hopewell Valley Seniors ONLY!

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 7/3—8/28 (no class 7/24). 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, (no class 8/22 & 8/29) 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 runs from Friday, August 1—October 3. Registration required. \$25/8 week session, cash or check payable to HT Recreation. To register contact Senior Services.

Creative Well-Being—Tuesdays, (no class 8/19 & 8/26) 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, 7/29—10/7. 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.

Meditation, Mundra & Sounds: Wednesdays (no class 8/20 & 8/27), 1:30pm—2:30pm. This class will look into aspects of yogic practice that bring wellness to our mind and body. Registration required. \$25/8 week session, cash or check payable to HT Recreation. To register 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.

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

Newsletter Folding—Third Monday, August 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. FREE Art Lessons offered the FIRST Tuesday of the month. This month's lesson, August 5 will be **Global Art with Combined Mediums, registration is requested by Friday, August 1. 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, August 20, 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 month's lesson will be: Avoiding Online Scams & Fraud. 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, August 5, 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, August 5, 6:30 - 8:00 pm. This month's selection is *The River of Doubt: Theodore Roosevelt's Darkest Journey* - Candice Millard

Night Knitters: Wednesday, August 6 & 20, 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.

"Glorious Gardens of Hopewell Valley" Garden Tour: Saturday, August 23, 10 am to 3 pm Rain or Shine. The Hopewell Public Library is delighted to invite community members, friends and neighbors to participate in the 2025 "Glorious Gardens of Hopewell Valley" garden tour on Saturday, August 23 from 10 am to 3 pm, rain or shine. Come revel in the beauty of nine local gardens while supporting the Hopewell Public Library; all proceeds will benefit programming. This year's self-guided tour celebrates nine gardens, featuring one in Hopewell Township, five in the borough, one in Pennington, and two in Titusville. We have gardens that bring beauty and delight right to your home; gardens that teach patience and soothe your soul; gardens that work with and nurture the environment; and gardens that bring inspiration and joy to neighbors and passersby. We hope you find beauty, joy and inspiration while exploring the "Glorious Gardens of Hopewell Valley". The tour begins at the Hopewell Train Station, located at 2 Railroad Place, Hopewell, where you will pick up your brochure/ticket between 10 am and 2:30 pm. Please note that the gardens will close at 3 pm. Water and snacks will also be available for purchase. Advance tickets are \$25 and can be purchased through our website, redlibrary.org. On the day of the tour, if tickets are available, they will be \$35, payable by cash, check, or Venmo only.

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, 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Dominoes: Thursdays, (canceled 8/21) 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.

Mahjong in the Morning: Fridays and Saturday, August 9 & 23 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.*

Scrabble: Wednesdays, (canceled 8/20) 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: Kevin Wilson Wednesday, August 13, 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 Kevin Wilson's stories, "Scroll Through the Weapons," "Wildfire Johnny," and "No Joke, This Is Going to be Painful". 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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folding chair
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 beach hat
 fireworks
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thunderstorm
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bathing suit
 binoculars
 surfboard
 sprinkler
 sailboat
 tanning
 bubbles
 picnic
 rainy

green grass
 watermelon
 palm tree
 baseball
 swimming
 boating
 camping
 garden
 towel

sandcastle
 flip flops
 ice cream
 campfire
 vacation
 flowers
 hunting
 bucket
 dock

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