



Senior Spirit

Hopewell Valley Senior Newsletter

September 2025, Vol. 19, No. 9

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FLU SHOT CLINICS

2025 Fall Schedule

HOPEWELL TOWNSHIP HEALTH DEPARTMENT

Serving Hopewell Township and The Boroughs of Pennington & Hopewell



Wegmans
pharmacy

Vaccination open to children ages 3+ with parent/guardian

Standard Trivalent and Senior Doses available

Residents should bring all insurance cards, Prescription and Medical

Seniors: Medicare B and all prescription cards

Uninsured? Vaccination is free for residents of Hopewell Valley (with proof of residency) \$40 non-residents (credit card only)

Wednesday, September 17th - 10am - 2pm

Hopewell Township Municipal Building
(201 Washington Crossing Pennington, Titusville)

Wednesday, September 24th - 1:30pm - 3:30pm

Hopewell Valley Senior Center
(395 Reading Street, Pennington)

Tuesday, October 7th - 11am - 3pm

Hopewell Township Municipal Building
(201 Washington Crossing Pennington, Titusville)

Tuesday, October 21st - 3pm - 7pm

Pennington Borough Municipal Building
(30 North Main Street, Pennington)

Wegmans registration links coming soon! In the meantime, please sign-up by emailing nurse@hopewelltwp.org or calling 609-537-0238

Important Dates:

Monday, September 1:  **LABOR DAY** Government Offices & Senior Center are CLOSED

Saturday, September 6: 9/11 Memorial Ceremony, Woolsey Park at 11:00am



Thursday, September 11:  Patriots Day, Senior Picnic

Monday, September 22:  Autumn Begins

Tuesday, September 23:  Rosh Hashanah



WELLNESS WATCH TIP: September is Fall Awareness Prevention Month
Tips to prevent falls: Get your vision and hearing checked, wear sensible shoes, remove home hazards, regularly review your medication list with your doctor, and stay active!

Fall Flu Clinic Schedule:

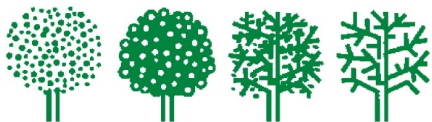
Wednesday, September 17, 10:00am—2:00pm **Hopewell Twp Municipal Building**

Wednesday, September 24, 1:30pm—3:30pm **Hopewell Valley Senior Center**

Tuesday, October 7, 11:00am—3:00pm **Hopewell Twp Municipal Building**

Tuesday, October 21, 3:00pm—7:00pm **Pennington Borough Municipal Building**

Wegmans registration links coming soon! Email nurse@hopewelltpw.org or call 609-537-0238 to register now.



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.

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

Wednesday, October 15: Just in Time on Broadway

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

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

Thursday, December 4: Dance to the Holidays at the Tropicana

Wednesday, December 17: Deck the Halls at American Music Theatre

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

Senior Picnic: Thursday, September 11, 12:00noon—2:00pm at Washington Crossing State Park, Sullivan's Grove (next to the Visitor's Center), 355 Washington Crossing Pennington Road, Titusville. Rain date for the event will be on Thursday, September 18th. Registration is REQUIRED, call or email Senior Services, seniorservices@hopewelltp.org or 609-537-0236. Registrations are due by Monday, August 25th. This event is open to Hopewell Valley Residents 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 9/3—10/23. 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 runs from Friday, August 8—October 3. 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, 8/5—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, 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—FOURTH Monday, September 22, 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 **SECOND** Tuesday of the month. This month's lesson, SEPTEMBER 9 will be **Fabric Collage**, registration is requested by Friday, September 5. 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, September 17, 2:00pm at the HV Senior Center.

Tech Savvy Seniors Computer Class—Fourth Wednesday: CANCELED IN SEPTEMBER DUE TO FLU CLINIC

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, September 2, 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, September 2, 6:30 - 8:00 pm. This month's selection is *The Children's Blizzard* - David Laskin

Night Knitters: Wednesday, September 3 & 17, 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, (no class 9/16) 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: Stuffed Focaccia w/ Zucchini and Pesto Mayo Tuesday, September 16, 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; registration is required via at events.mcl.org.*

Film Screening: *This Beautiful Fantastic* (2016) Friday, September 26, 2:00 pm. A contemporary fairy tale revolving around the unlikely of 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 and Saturday, September 6 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, September 8, 2:00pm. All are welcome to discuss *The Wedding People* by Alison Espach. Copies are available at the Hopewell Branch circulation desk. *Registration is not required.*

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: Edith Wharton Wednesday, September 10, 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 Edith Wharton's stories, "Xingu," "Pomegranate Seed," and "Roman Fever." 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



D P O O R V I S I O N C F F P P L
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Assistive Devices
 Dehydration
 Prevention
 Shuffling
 Tripping
 Injury
 Shoes

Fear of Falling
 Poor Vision
 Arthritis
 Clothing
 Clutter
 Stairs
 Pain

Osteoarthritis
 Enviroment
 Confusion
 Footwear
 Disease
 Stroke
 Rugs

Broken Bones
 Life Alert
 Shoelaces
 Mobility
 Illness
 Aches
 Age

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