



Senior Spirit

Hopewell Valley Senior Newsletter

October 2025, Vol. 19, No. 10

Contents

- 2 Senior News**
- 3 Hopewell Valley Senior Programs**
- 4-5 Calendar**
- 6 Public Library Programs**
- 7 Word Find**
- 8 Useful Phone Numbers**



RSVP no later than September 26 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 July - December.

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

Please do not arrive before 8:45am.

Important Dates:

Tuesday, October 2:



Monday, October 13: Government Offices and Senior Center are CLOSED



Friday, October 31:



WELLNESS WATCH TIP: October is National Depression and Mental Health Screening Month:

4 Things to Know about Depression & Older Adults



1. Signs and symptoms of depression vary from person to person. Look for changes in your mood or your interest in participating in activities.
2. Depression can be treated. If you have symptoms of depression that last for more than two weeks, talk with your doctor.
3. Get support from family and friends.
4. A healthy lifestyle can help feelings of depression. Staying active, eating a healthy diet, getting enough sleep, and connecting with friends and family can benefit your mental health.

FREE Home Smoke Alarm Checks: Hopewell Valley Senior Services in partnership with Hopewell Township Fire District No. 1 is offering our senior residents an opportunity to have their smoke alarms checked/inspected by the Hopewell Township Fire District staff.

REGISTRATION IS REQUIRED, please contact Senior Services 609-537-0236 or seniorservices@hopewelltwp.org **Open to Hopewell Valley Residents ONLY!**



HOPEWELL TOWNSHIP
Parks & Recreation Department

To register, please contact:
Hopewell Township Recreation 609-737-3753 or recreation@hopewelltwp.org

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

Wednesday, October 15: Just in Time on Broadway

Saturday, October 18: Haunted Hopewell 3:00pm—5:00pm at Woolsey Park

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

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

Wednesday, November 11: Byers Choice Christmas Museum & Peddlers Village

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@hopewelltwp.org

HOPEWELL VALLEY PROGRAMS:

Fall Birthday Breakfast: Friday, October 3, 9:00am—11:00am at the Hopewell Valley Golf Club, 144 Pennington Hopewell Rd., Hopewell. Join us as well celebrate seniors with the birthdays in the months July through December. **HOPEWELL VALLEY RESIDENTS ONLY. Registration is REQUIRED, call or email Senior Services by FRIDAY, SEPTEMBER 26.**

Artists' Choice Art Show Reception: Thursday, October 9, 3:00pm—5:00pm at the Mercer County Library—Hopewell Branch, 249 Pennington Titusville Road, Pennington. Join us for the opening of the Artists' Choice Art Show at the Mercer County Library-Hopewell. Tour the beautiful art painted by our Hopewell Valley senior art group. No registration required. Paintings will remain in the library for the month of October. Refreshments are provided by Brandywine Living.

AARP Smart Driver Class: Tuesday, October 28, 9:00am—3:00pm at Hopewell Township Municipal Building. Registration is REQUIRED. \$20/person for AARP Members or \$25 for non-members, checks or cash payable at class.

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 9/4—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, October 10—December 5 (no class 11/27). 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, October 14—December 9 (no class 11/11). 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—Third Monday, October 20, 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, October 7, will be Nature as Art, **registration is requested by Friday, October 3. 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!

Senior Advisory Board—Third Wednesday: Wednesday, October 15, 2:00pm at the HV Senior Center.

Tech Savvy Seniors Computer Class—LAST Wednesday: Wednesday, October 29, 1:00pm—3:00pm, SMART PHONE assistance. REGISTRATION IS REQUIRED, sign up for a spot in our one on one help with you smartphone, iPhone or Android!

Mahjong—Thursdays, 1:30pm—3:30pm at the Hopewell Valley Senior Center. This game keeps your

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.

HPL Book Club: Tuesday, October 7, 6:30 - 8:00 pm. This month's selection is The Eyre Affair by James Fford

MERCER COUNTY LIBRARY-HOPEWELL BRANCH: 249 Pennington Titusville Road, Pennington
To register please call 609-737-2610 or email hopeprogs@mcl.org

Classic Canasta: Mondays (canceled 10/13), 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 10/21), 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: Creamy Chickpea Pasta w/ Spinach and Rosemary Tuesday, October 21, 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: The House that Dripped Blood (1971) Friday, October 31, 2:00 pm. Shortly after renting an old country house, film star Paul Henderson mysteriously disappears and Inspector Holloway (John Bennett) from Scotland Yard is called to investigate. Inquiring at the local police station, Holloway is told some of the house's history. He then contacts the estate agent (John Bryans) renting the house, who elaborates further by telling Holloway about its previous tenants. The House that Dripped Blood (1971), directed by Peter Duffell (Rated PG; Running Time: 1 hour, 41 minutes) *Registration is not required.*

Mahjong in the Morning: Fridays and Saturday, October 11 & 18 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, October 6, 2:00pm. All are welcome to discuss *The Frozen River* by Ariel Lawhon. Copies are available at the Hopewell Branch circulation desk. *Registration is not required.*

New Beginnings: Preparing for a Move as a Senior Friday, October 10, 1:00 pm. When your home starts to feel oversized and maintenance becomes daunting, you have a whole new set of choices and challenges to consider. The idea of downsizing and moving can feel overwhelming. Where to start? Who can help me? Where would I go? This workshop will highlight various aspects of the process and the preparation needed when making a move as a senior. *Please register at events.mcl.org.*

Scrabble: Wednesdays (canceled 10/22), 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: Isabel Allende Wednesday, October 8, 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 Isabel Allende's stories, "The Gold of Tomás Vargas," "And of Clay Are We Created," and "Phantom Palace." 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



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

1. Alarm
2. Axe
3. Badge
4. Blanket
5. Boots
6. Bucket
7. Burning
8. House
9. Chief
10. Emergency
11. Engine
12. Exit
13. Extinguisher
14. Fire
15. Firefighters
16. Flames
17. Helicopter
18. Helmet
19. Hose
20. Hydrant
21. Jacket
22. Ladder
23. Mask
24. Patch
25. Rescue
26. Safety
27. Shovel
28. Siren
29. Sparky
30. Sprinkler
31. Station
32. Stop
33. Drop
34. Roll
35. Truck
36. Water

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