



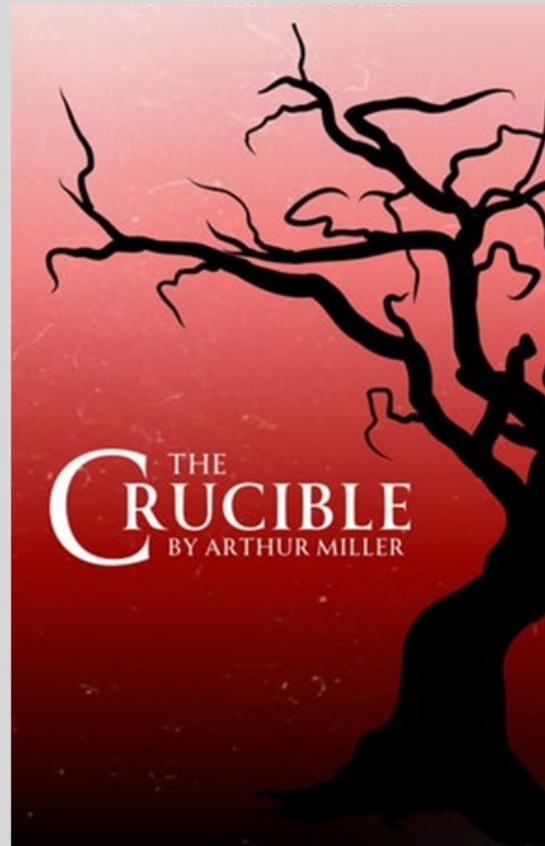
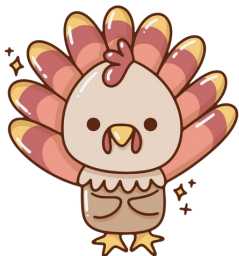
Senior Spirit

Hopewell Valley Senior Newsletter

November 2025, Vol. 19, No. 11

Contents

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



FALL PLAY PREVIEW

Wednesday, November 12, 2025, arrive @ 1:50pm
HV Central High School PAC
249 Pennington Titusville Road, Pennington

The Crucible, Arthur Miller's 1953 play, is a fictionalized drama based on the 1692 Salem witch trials. It is often read as an allegory for the "Red Scare" and McCarthyism of the 1950s, where Miller himself was investigated. The play chronicles how mass paranoia, vengeance, and a lack of due process lead a community to destroy itself.

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

Important Dates:

Saturday, November 1: Property Taxes Due



Tuesday, November 4: Election Day, Senior Center is CLOSED



Saturday, November 8: Veterans' Memorial Service, 11:00am @ Woolsey Park



Tuesday, November 11:



Veteran's Day, Government Offices and Senior Center are CLOSED

Thursday, November 27:



Government Offices and Senior Center are CLOSED

Friday, November 28:



Government Offices and Senior Center are CLOSED



WELLNESS WATCH TIP: Know your Diabetes ABCs:

A: Get a regular A1C test to measure your average blood sugar over 2 to 3 months. Ask your health care team what your goal should be.

B: Try to keep your blood pressure below 140/90 mm Hg (or the target your doctor sets).

C: Control your cholesterol levels.

s: Stop smoking or don't start.

Rabies Clinics 9:00am—12:00noon:

Saturday, November 1 & 22 at Hopewell Township Public Works Building

Saturday, November 15: Hopewell Borough



HOPEWELL TOWNSHIP
Parks & Recreation Department

To register, please contact:

Hopewell Township Recreation 609-737-3753 or recreation@hopewelltp.org

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

Wednesday, November 19: 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:

Maps, Apps & You, Part 2!! Friday, November 7, 10:30am at the Hopewell Township Municipal Building. Join Greater Mercer TMA for a hands-on session exploring transportation apps, with time to ask your specific questions. While it is recommended that participants attended Part 1 in July before joining Part 2, it is not required. Please register through Senior Services.

Fall Play Preview: The Crucible Wednesday, November 12, 2:00pm at the Performing Arts Center at the Hopewell Valley Central High School, 249 Pennington Titusville Road, Pennington. *The Crucible*, Arthur Miller's 1953 play, is a fictionalized drama based on the 1692 Salem witch trials. It is often read as an allegory for the "Red Scare" and McCarthyism of the 1950s, where Miller himself was investigated. The play chronicles how mass paranoia, vengeance, and a lack of due process lead a community to destroy itself. Please register through Senior Services.

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 10/30—12/18 (no class 11/27). 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 11/28). 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 11/4 & 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, November 17, 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 **THIRD** Tuesday of the month. This month's lesson, November 18, will be ABSTRACT ART, **registration is requested by Friday, November 14. 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, November 19, 2:00pm at the HV Senior Center.

Tech Savvy Seniors Computer Class—Fourth Wednesday: Canceled for November & December

Mahjong—Thursdays, (no class 11/27) 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,

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, November 4, 6:30 - 8:00 pm. This month's selection is *The End of Drum Time* by Hanna Pylvainen

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

Bridge Meet-up: Mondays, 6:00pm—8:00pm. Join us at the Hopewell branch for a weekly Bridge Meet-up. Players of all levels are welcome! *Please register at events.mcl.org.*

Classic Canasta: 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: Thursdays (canceled 11/27), 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Exploring Vegetarian Cooking: Hearty Fall Kale Salad w/ Dijon Dressing Tuesday, November 18, 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: *Joe Bell* (2021) Friday, November 21, 2:00 pm. The true story of a small town, working class father who embarks on a solo walk across the U.S. to crusade against bullying after his son is tormented in high school for being gay. *Joe Bell* (2021), directed by Reinaldo Marcus Green (Rated R; Running Time: 1 hour, 33 minutes) *Registration is not required.*

Mahjong in the Morning: Fridays (canceled 11/28) and Saturday, November 8 & 22 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, November 3, 2:00pm. All are welcome to discuss *The Lost Girls* by Pam Jenoff. Copies are available at the Hopewell Branch circulation desk. *Registration is not required.*

Scrabble: Wednesdays (canceled 11/26), 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: Amanda Peters Wednesday, November 12, 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 Amanda Peters' stories, "Three Billion Hearts," "Waiting for the Long Night Moon," and "Wolves." 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