



Senior Spirit

Hopewell Valley Senior Newsletter

December 2025, Vol. 19, No. 12

Contents

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



Important Dates:

Monday, December 1: Hopewell Township Holiday Lighting



Friday, December 5: Pennington Borough Holiday Walk



Monday, December 15: *Hanukkah*

Wednesday, December 24: Christmas Eve, Municipal Offices and Senior Center are CLOSED

Thursday, December 25: *Merry Christmas* Municipal Offices and Senior Center are CLOSED



Friday, December 26:

happy new year



WELLNESS WATCH TIP: National Flu Vaccination Week is December 7-13. There is still time to get your flu vaccine if you haven't already! Flu vaccination can prevent flu illness, reduce the severity of flu illness, and protect people at high risk from flu complications. It can take about two weeks after flu vaccination for antibodies to develop and provide protection against the flu, so it is important to get the vaccine now to be protected for this flu season.



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

HOPEWELL TOWNSHIP Parks & Recreation Department **Pickup/Drop Off Location: Independence Park 10 Stephenson Rd, Pennington, NJ 08534.**

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

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

Sunday, December 14: NYC Holiday Trip

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

New Years' Eve Celebration: Wednesday, December 31, 1:00pm—3:00pm at the HV Senior Center, 395 Reading Street, Pennington. Join friends and fellow seniors as we celebrate the close of another year. Enjoy the musical talents of Karl Dentino, sweet treats and sparkling cider. Registration is REQUIRED, call or email Senior Services, 609-537-0236 or seniorservices@hopewelltwp.org

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 12/25). 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 19 (no class 12/26). 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 30 (no class 12/23). 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, (no class 12/24) 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 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.

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

Newsletter Folding—Third Monday, December 15, 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, December 2, will be **Holiday Inspired Art, registration is requested by Friday, November 21. 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, December 17, 2:00pm at the HV Senior Center.

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

Mahjong—Thursdays, (canceled 12/25) 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.

HPL Book Club: Tuesday, December 2, 6:30 - 8:00 pm. An Evening of Poetry - book club members share and read poetry - a holiday season tradition

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, 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 12/25), 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Exploring Vegetarian Cooking: Pumpkin French Toast Casserole (contains nuts) Tuesday, December 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 events.mcl.org.*

Film Screening: : I Am Big Bird: The Caroll Spinney Story (2015), Friday, December 19, 2:00pm. An affectionate portrait of Caroll Spinney, the beloved puppeteer responsible for creating worldwide icons out of Sesame Street's Big Bird and Oscar the Grouch for the last 45 years. *I Am Big Bird: The Caroll Spinney Story (2015),* directed by Dave LaMattina and Chad N. Walker (Not Rated; Running Time: 1 hour, 26 minutes) *Registration is not required.*

Mahjong in the Morning: Fridays and Saturday, December 6 & 20 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, December 1, 2:00pm. All are welcome to discuss *The Invisible Life of Addie LaRue* by Victoria Schwab. Copies are available at the Hopewell Branch circulation desk. *Registration is not required.*

Scrabble: Wednesdays (canceled 12/24 & 12/31), 2:00pm. Join fellow wordsmiths for a fun and challenging game of Scrabble! *Scrabble Dictionary, Seventh Ed.* will be our ultimate arbiter.

Snow Much Fun Cookie Decorating: Wednesday, December 10, 10:30 am - 12:00 pm Come and decorate cookies with sprinkles, frosting, and more! We'll bring the supplies, you bring the imagination. *Space is limited; registration is required via events.mcl.org.*

The Short of It: Fyodor Dostoevsky Wednesday, December 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 Fyodor Dostoevsky's stories, "The Heavenly Christmas Tree," "White Nights," and "The Peasant Marey." 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



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

Snowball fights	Hot Chocolate	Jingle Bells	Good Tidings	Gingerbread	Candy Canes	Traditions
Snowflakes	Poinsettia	Pine Cones	Peppermint	North Pole	Surprises	Partridge
Neighbors	Mistletoe	Fruitcake	Fireplace	Sledding	Reindeer	New Year
Memories	Goodwill	Drummers	Decorate	Children	Blizzard	Twinkle
Sparkle	Snowman	Skating	Magical	Icicles	Harmony	Friends
Cookies	Charity	Believe	Wreath	Travel	Sleigh	Ribbon
Frosty	Family	Eggnog	Carols	Candle	Bright	Angels
Scarf	Peace	Merry	Jolly	Holly	Cheer	Noel
Hugs	Cold	Bake	Elf			

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