



Senior Spirit

Hopewell Valley Senior Newsletter

January 2026, Vol. 20, No. 1

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SNOW WORRIES, BE HAPPY!

**Wednesday, January 14, 2026, 1:00pm
HV Senior Center**

Join Senior Services and friends for a
Feeling Sweet not Frosty Dessert Potluck!
Bring a dessert to share that melts away
those winter blues!

Please register through Senior Services and include
your contribution when registering.
609-537-0236 or seniorservices@hopewelltwp.org

*Contributions are encouraged
but are not required to attend the potluck.*

Important Dates:

Thursday, January 1:



Government Offices and Senior Center
are CLOSED

Monday, January 19:



Government Offices and Senior Center
are CLOSED



WELLNESS WATCH TIP: January is National Glaucoma Awareness Month! Glaucoma damages the optic nerve and is often linked to a buildup of pressure inside the eye. It is the leading cause of blindness and vision loss in the United States. Risk factors include being over age 50, history of eye injury or trauma, high intraocular pressure, family history of the disease, and being extremely nearsighted. Many people do not know they have glaucoma because there are no early symptoms. The only way to check for glaucoma is to get a comprehensive dilated eye exam!



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.**

Come From Away: Thursday, February 12 at the Paper Mill Playhouse

Philadelphia Flower Show, Rooted: Wednesday, March 4

Irish Cabaret: Thursday, March 19 at Hunterdon Hills

Sinatra: Thursday March 26 at the Tropicana, Atlantic City

HOPEWELL VALLEY SENIOR SERVICES

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

HOPEWELL VALLEY PROGRAMS:

Snow Worries, Be Happy Dessert Potluck: Wednesday, January 14, 1:00pm at the HV Senior Center. Join Senior Services and friends for a Feeling Sweet not Frosty Dessert Potluck. Bring a dessert to share that melts away the winter blues! Register with HV Senior Services and include your contribution when registering, 609-537-0236 or seniorservices@hopewelltwp.org. *Contributions are encouraged but are not required to attend the potluck.*

EXERCISE CLASSES: Hopewell Township Municipal Building, 201 Washington Crossing Pennington Rd.

**ALL EXECISE CLASSES WILL BE RUN THROUGH HOPEWELL TOWNSHIP RECREATION,
CHECKS OR CASH ARE ACCEPTED FOR PAYMENTS! 2026 FEE IS \$30/8-WEEKS**

Active Aging Exercise Class—Thursdays, 9:00am—9:50am (in-person) AND 10:00am—10:50am (in-person and Zoom) Session dates January 8—March 5 (no class 2/12). Registration required. Fee for the class is \$30/8 week session, cash or check made payable to HT Rec. To register, contact Senior Services.

Chair Yoga—Fridays, 1:30pm—2:15pm. 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, January 9—February 27. Registration required. \$30/8 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, January 6—February 24 Fee for the class is \$30/8 week session, cash or check made payable to HT Rec. Contact Senior Services.

Healthy Bones—Mondays and Wednesdays, (no class 1/19) 10:30am—11:30am at Hopewell Township Municipal Building. Registration is required and paperwork must be completed to participate, contact Senior Services.

Meditation & Chair Yoga: Wednesdays, 1:30pm—2:30pm. This class combines meditation and chair yoga. Session runs from January 7—February 25. Registration required. \$30/8 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 (canceled 1/19, playing on 1/21): 1:00pm-4:00pm at the Hopewell Valley Senior Center. All experience levels.

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, January 6, will be **New Year Reveal-ations registration is requested by Friday, January 2. Supplies provided, feel free to bring your own.**

Just Games—Wednesdays (canceled 1/14 & 1/28): 1:00pm—3:00pm at the Hopewell Valley Senior Center. Join us as we socialize and play games!

Senior Advisory Board—Third Wednesday: Wednesday, January 21, 2:00pm at the HV Senior Center.

Tech Savvy Seniors Computer Class—Fourth Wednesday: Wednesday, January 28, 1:00pm—3:00pm. Join us and Tech Instructors from the Mercer County Library- Lawrence for our class on iPhones! Did you get a new iPhone for the holidays or want to learn more about the smartphone? MCLS will be at the HV Senior Center to review the iPhone and its features as well as answer your questions. Registration is requested through Senior Services.

Mahjong—Thursdays, 1:00pm—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, January 6, 6:30 - 8:00 pm. This month's selection is Their Eyes Were Watching God by Zora Neal Hurston.

MERCER COUNTY LIBRARY-HOPEWELL BRANCH: 249 Pennington Titusville Road, Pennington

To register please call 609-737-2610 or email hopeprogs@mcl.org

Annual Book Sale: Saturday, January 17 through Saturday, January 24, during library hours Stop by the library for our annual book sale, sponsored by the Friends of Hopewell Branch Library. Peruse our selection of children's and adult books, CDs, and DVDs for some fun finds, or bring home some old favorites. Book sale is open during library hours. Proceeds go toward funding programs at the Hopewell Branch Library.

Classic Canasta: Mondays (canceled 1/26), 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, 10:00 am. Join us at the Hopewell Branch for Cribbage & Coffee! Boards, pegs, cards and light refreshments will be provided.

Mahjong in the Morning: Fridays and Saturday, January 3 & 17 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.*

MLK, Jr. Day(s) of Service: Saturdays, January 3, 10, 17, 24 & 31, 10:00 am - 4:00 pm In the spirit of Martin Luther King Jr.'s Day of Service, we are giving back to the community! Drop in today and use materials provided to create handmade cards or write letters to be sent to homebound participants of the Mercer County Meals on Wheels program.

Monday Afternoon Book Club: Monday, January 5, 2:00pm. All are welcome to discuss *We Solve Murders* by Richard Osman . 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: Naguib Mahfouz Wednesday, January 14, 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 Naguib Mahfouz's stories, "The Norwegian Rat," "The Time and the Place," and "The Answer is No." 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



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

AbominableSnowman	FrostytheSnowman	Precipitation	Accumulation	Freezingrain
Freezingfog	Snowshower	Snowsquall	Yellowsnow	Coldfront
Hailstone	Hailstorm	Snowangel	Snowdrift	Snowflake
Snowstorm	Warmfront	Blackice	Blizzard	Flurries
HardPack	Quinzhee	Snowball	Snowbank	Snowcone
Snowfall	Snowfort	Whiteout	Iceberg	Icecube
Icefloe	Packice	Snizzle	Snowman	Wetsnow
Icicle	Powder	Crust	Frost	Igloo
Mogul	Sleet	Slope	Slush	Corn
Crud	Hail	Rime	Thaw	Ice

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