



# Senior Spirit



Hopewell Valley Senior Newsletter

January 2022, Vol. 16, No. 1

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Greetings Hopewell Valley!

Even though January's weather may be cold and dreadful at times, it doesn't mean you can't find a silver lining of indoor things to do!! You can now have "no guilt" weekends of couch surfing in your pajama's, watching great tv, new movies, football playoffs and college hoops!! Start a puzzle, read a book you have been too busy to break open, or start a journal of wonderful things you want to accomplish and tackle in the new year!

However, if you feel that the walls are closing in on you and you need to make a break for it, the Hopewell Senior Center is open and all are welcome!! We have a lending library of books, a variety of puzzles, and fun groups to join, such as Social Bridge on Mondays, Artists' Choice on Tuesdays, and Mahjong on Thursday afternoons! Be sure to check out the calendar included in this newsletter!!

If exercising is more your speed this time of year, look no further! Hopewell Valley Senior Services has you covered with 4 exercise programs. We are offering Healthy Bones two times a week, a new yoga class focusing on your back, hips and shoulders on Wednesday afternoons, Active Aging, and the ever popular Chair Yoga!! Registration is required for all of these classes and fees may apply. If you are interested or have questions, call Senior Services.

January is officially Chapter One of the novel "2022". Write your own story this year!! Make it happy, purposeful, and one you can look back on and be proud of. Set new intentions to tackle, be the person you always dreamed of being, take every day and live it to the fullest..... no goal is too small!! Let's CHEERS to 2022, in making it one of the BEST EVER!!!

Warmest Regards,  
Randi



## Senior News

### Important Dates:

**Saturday, January 1:** New Years Day

**Monday, January 3:** New Years Day Observed  
Government Offices and Senior Center CLOSED!

**HAPPY**  
*new year*

**Tuesday, January 4:** National Spaghetti Day



**Saturday, January 8:** Hopewell Township Rabies Clinic, 9:00am to 12:00 noon at Hopewell Township Public Works, 203 Washington Crossing Pennington Road, Titusville.  
No registration or residency restrictions.

**Monday, January 17:**



Martin Luther King Jr Day, Government Offices and Senior Center CLOSED!

**Friday, January 21:** National Squirrel Appreciation Day



**Monday, January 31:** National Hot Chocolate Day



To register for any of the programs below, please contact  
Hopewell Township Recreation 609-737-3753.

Wednesday, February 9: "Beehive the 60's Musical" at Dutch Apple Theater 9:30am-5:00pm

Tuesday, February 22: "Mardi Gras- New Orleans at the Shore" at the Shore Club at Spring Lake (Formally Doolan's) 10:30am-4:30pm

Thursday, April 7: "The Return of Sherlock Holmes" at Hunterdon Hills Playhouse 10:00am-4:30pm

## January Events

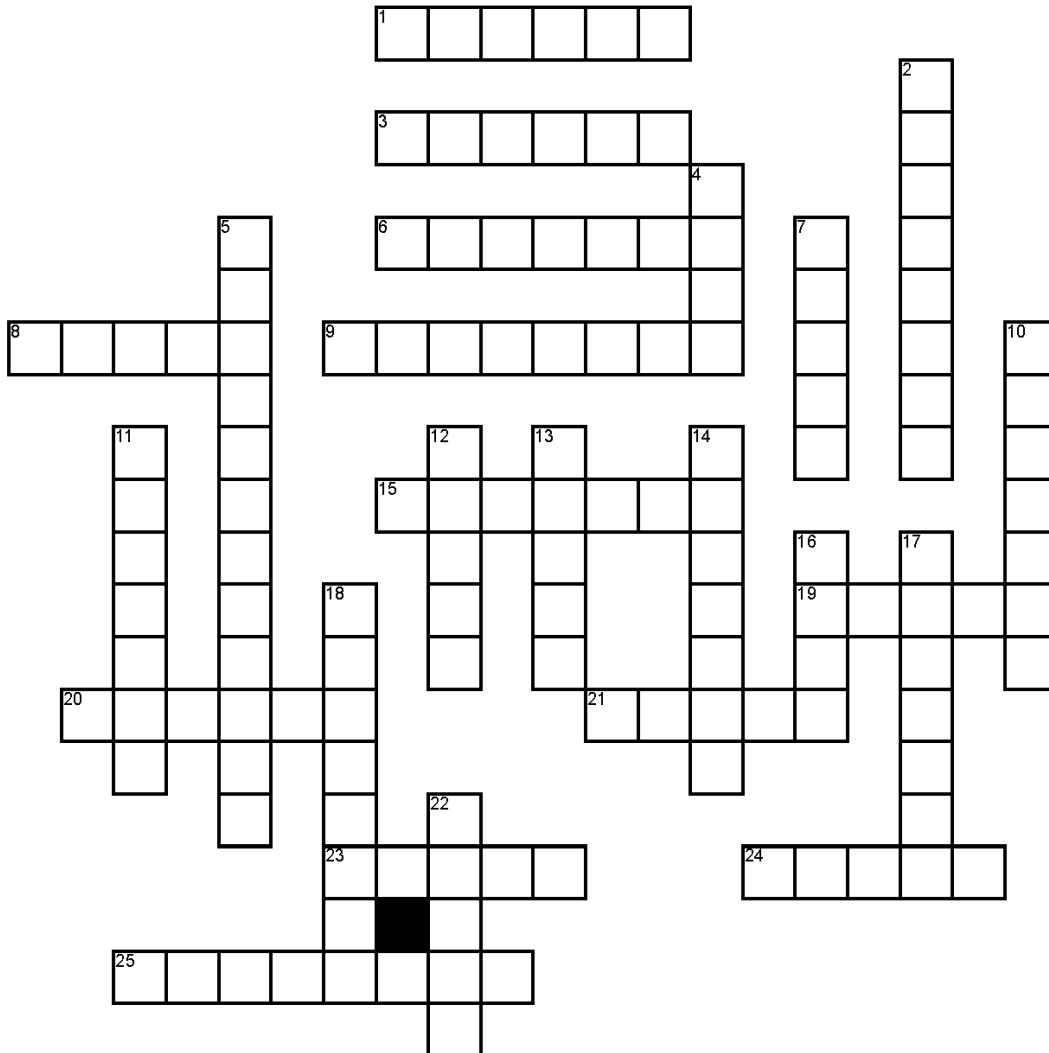
**Hopewell Township Rabies Clinic- Drive Thru** Saturday, January 8, 9:00am-Noon at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd, Titusville. This event will be held as a drive-thru, pet parents will remain in their cars while animal control officers will take your pets inside for the vaccination. No registration or residency restrictions.

**Introduction to Yoga for Shoulders, Back and Hips** Wednesdays, January 12- February 2, 1:30pm-2:30pm at the Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville. This will be a 4 week class. This program will focus on using yoga for pain relief. Learn poses and stretches you can do in the comfort of your own home. The sessions are designed to help relieve stress to your shoulders, hips and back due to previous injuries or just every day stress. Program fee is \$40/person, checks made payable to Hopewell Township Recreation "HT Rec". Space is limited to 12 participants.

**Winter Active Aging Exercise Class** Thursdays, January 13 - March 3, 10:00am -11:00am at Hopewell Township Municipal Building Auditorium. Join instructor Bob Kirby for an exercise program adaptable to all levels! This class will highlight functional fitness balance, strength, endurance, posture, flexibility and mobility. Resistance Bands and Stress/Squeeze Balls will be provided for your use during class. If you are uncomfortable using shared equipment, please come to class with your own equipment. Any questions, please contact Senior Services Registration is required, space is limited! Fee of \$20/person for the 8 week program, Bring a CHECK to the first class made out to the HV Senior Foundation. Must have 15 participants to hold the class, maximum of 20 people in person. Class will be available via ZOOM for any participants not wishing to come in person. Registration fee still applies. To register, call Senior Services 609-537-0236 or email seniorservices@hopewelltp.org.

**Chair Yoga** Fridays, January 14 - March 4, 1:30pm-2:30pm in the Hopewell Township Municipal Building Auditorium. Chair Yoga is a gentle form a yoga that can be done while seated in a chair or with the assistance of a chair. Join our instructor Shirin as we offer this 8 week class. Registration is required through Hopewell Township Recreation and a fee of \$20/person for the 8 week class. To register, call Senior Services 609-537-0236 or seniorservices@hopewelltp.org. Space is limited to 15 participants.

**Ellis Island: Island of Hope, Island of Tears:** Tuesday, January 25, 7:00pm viz Zoom. Ellis Island, often referred to as: the "Island of Hope" and "Island of Tears." Find out why by taking a slideshow and lecture covering the island's earliest days up to the present day. Relive some of our immigrants' experiences, and stories, along with their fears and disappointments. Lecture will include actual immigrant pictures both past and present. The program is presented by Mario Medici, lecturer and NYC Tour Guide. For more information and to register please go to: <https://www.penningtonlibrary.org/ellisland/>



**Across**

- 1. He wanted equal \_\_\_\_\_ for all people.
- 3. He rallied for \_\_\_\_\_ rights of Black Americans.
- 6. He lived in \_\_\_\_\_.
- 8. John \_\_\_\_\_ was a young man when he joined in the movement for civil rights.
- 9. He was a Baptist \_\_\_\_\_.
- 15. His wife was named \_\_\_\_\_.
- 19. The marchers faced \_\_\_\_\_ by law enforcement officers during their fight for freedom.
- 20. Dr. King was a great \_\_\_\_\_.

- 21. Dr. King died the month of \_\_\_\_\_.
- 23. Whenever people gathered for a peaceful demonstration many \_\_\_\_\_ broke out.
- 24. He was murder at the Lorraine \_\_\_\_\_.
- 25. Martin Luther King had four \_\_\_\_\_.

**Down**

- 2. He made many famous \_\_\_\_\_.
- 4. He wanted all laws to be \_\_\_\_\_.
- 5. Martin Luther King was \_\_\_\_\_ in 1968.
- 7. He led the famous march know as \_\_\_\_\_.

- 10. He led many for equality, justice and freedom for all people \_\_\_\_\_.
- 11. He was born the month of \_\_\_\_\_.
- 12. Andrew \_\_\_\_\_ was one of his followers.
- 13. He believed in \_\_\_\_\_ not violence.
- 14. Dr. King and his wife Coretta both attended \_\_\_\_\_ University.
- 16. He went to many times \_\_\_\_\_.
- 17. He wanted \_\_\_\_\_.
- 18. Martin Luther King was \_\_\_\_\_ as were many other civil rights workers during this time.
- 22. He won the peace prize in 1964.



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snowman

blizzard  
gloves  
jackfrost  
scarf  
snowball  
socks

coat  
hat  
longjohns  
shovel  
snowboard  
toboggan

cold  
hotchocolate  
polar  
ski  
snowflake  
winter time

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

FISH Meals on Wheels-(609) 737-9123

Mercer County Consumer Affairs-(609) 989-6671

Mercer County Library-Hopewell- (609) 737-2610

Mercer County Nutrition Project/ HV Senior Center (609) 737-3855

Mercer County Office on Aging-(609) 989-6661

Mercer County Surrogate-(609) 989-6331

**Program Registrations-Leslie (609) 737-3753**

RideProvide of Greater Mercer County-(609) 452-5140

**Senior Services, Randi Knechel-(609) 537-0236**

TRADE Transportation-(609) 530-1971