



Senior Spirit



Hopewell Valley Senior Newsletter

April 2022, Vol. 16, No. 4

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Greetings Hopewell Valley!

Here comes Peter Cottontail, hoppin' down the bunny trail, hippity hoppin', Easter's on its way!!! Spring is FINALLY here Hopewell, with our community and blooms opening up, it's time to rejoice in this new season!! Let's celebrate this month with outdoor garden parties, colorful Easter egg hunts, and evening strolls with our loved ones!!

April is a popular month for meteor showers!! Be sure to keep your eyes to the sky to catch a celestial event of shooting stars you won't soon forget!! Spring cleaning is on everyone's mind this time of year...out with the dull gray hues and in with the pinks, purples and blues!!! Consider brightening up your home with some fresh flowers to lighten the mood and spark the senses!!

Hopewell Township Recreation has planned their spring and summer events. The new program guide has been mailed in the March edition of the Hopewell Express. If you would like to request a copy, please call the Recreation Dept 609-737-3753. Copies are available at the Hopewell Township Municipal Building or at the Hopewell Valley Senior Center. Grab your friends and enjoy some of the wonderful trips and programs being offered.

Warmest Regards,
Randi



Senior News

Important Dates:

Saturday, April 2: Ramadan



Saturday, April 9: Friends of HV Open Space cleanup day

Friday, April 15: Good Friday, Municipal Offices and Senior Center are CLOSED.



Saturday, April 16: Passover



Sunday, April 17:



HAPPY EASTER

Monday, April 18: Taxes Due

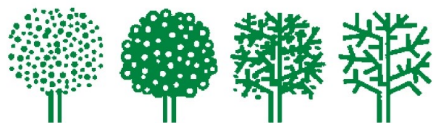


Friday, April 22:



Saturday, April 23: Hopewell Township Electronics and Shredding Event, Public Works Building, 203 Wash Xing Penn Road, Titusville, 9am-1pm

Saturday, April 30: Arbor Day and Salem Oak Celebration at Woolsey Park, 10:00am



HOPEWELL TOWNSHIP
Parks & Recreation Department

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

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

Tuesday, April 19: "David" at Sight and Sound, 10:00am-7:30pm, lunch included

Tuesday, May 3: "Kentucky Derby" at The Shore Club (formally Doolan's), 10:30am-4:30pm

Wednesday, May 18: Winterthur, Jackie Kennedy interior designing of the White House exhibit

Wednesday, May 25: Statue of Liberty Lunch Cruise

Wednesday, June 15: Philadelphia Flower Show: in Full Bloom, 9:00am-3:30pm

April Events



T'ai Chi for Balance and Fall Prevention Fridays, April 1-May 27 (no class 4/15) 10:00am at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. T'ai Chi is a gentle exercise perfect for anyone seeking a mild but effective program that addresses physical, mental and emotional well-being. Registration is required, \$25 fee for the 8 week session. Checks only, please bring to the first session, made payable to HVSF. Must have 10 participants to hold this class. Register with Senior Services, 609-537-0236 or seniorservices@hopewelltp.org.

Tax Help: AARP Foundation Tax-Aide (by appointment only) Tuesdays, April 5, 12, 19 & 26, 9:30 am - 1:00 pm
Free tax preparation from AARP Tax-Aide. AARP trained tax preparers focus on low and moderate income returns, but can prepare most personal returns within training guidelines. Tax preparers can e-file Federal and state returns, as well as PTR ("Senior Freeze") forms. *Registration is required. Call 609.737.2610 to make an appointment.*



National Walking Day Senior Walk Wednesday, April 6, 2:00pm. Meet your fellow friends at the lower park of Washington Crossing for a nice relaxing walk along the river. Please park in the lower park by the Washington Crossing Bridge, Titusville. Register with Senior Services, 609-537-0236 or seniorservices@hopewelltp.org.

Gentle Yoga for Shoulders, Back and Hips Mondays, April 11-May 16, 1:00pm-2:00pm at the Hopewell Township Municipal Building Auditorium, 201 Washington Crossing Pennington Road, Titusville. This will be a 6 week class. This program will focus on using yoga for hip and back health. We will focus on how to do poses correctly for pain relief, learn how to relieve stress and strengthen our bodies. Modifications will be explained to accommodate physical needs and chair assisted poses will be shown as alternative yoga poses. Class will also explore Pranayama breathing technique and meditation. Program fee is \$50/person, checks made payable to Hopewell Township Recreation "HT Rec". Space is limited to 12 participants with a minimum of 6.



Create your own Floral Arrangement Wednesday, April 13, 2:00pm at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. Join us for a creative session on creating your own floral arrangements. We will be arranging a centerpiece of tulips for spring! Program fee is \$ 30/person. Register with Senior Services, 609-537-0236 or seniorservices@hopewelltp.org by Friday, April 1st.

Looking for a new way to give back to your community?

The Hopewell Valley Senior Foundation, a 501(c)(3) dedicated to providing opportunities that enrich the lives of Hopewell Valley senior citizens, is searching for motivated individuals to complement its Board of Trustees. For more information, call Kim Johnson, President, at (609)730-1102.



Ongoing Events

Active Aging Exercise Class—Thursdays, 10:00am—11:00am at Hopewell Township Municipal Building. Session II begins on Thursday, April 14th through June 2nd. Registration is required through Senior Services. To register, call Senior Services 609-537-0236 or seniorservices@hopewelltp.org. Class available in person or via Zoom. \$20 fee for 8 week session, checks only, made payable to HVSF.

Artists' Choice—Tuesdays, 1:00pm-3:00pm at the Hopewell Valley Senior Center. Bring your supplies and create masterpieces with friends. Perfect your pieces with suggestions from other artists.

Blood Pressure Screening—First Monday: 10:00am-10:30am at Hopewell Township Municipal Building, **First Tuesday:** 10:30am—11:00am at the Hopewell Valley Senior Center. **Third Wednesday:** 10:00am -10:30am at Hopewell Township Municipal Building, **Third Thursday:** 9:30am-10:00am at Hopewell Township Municipal Building. No registration necessary.

Chair Yoga—Fridays, 1:30pm—2:30pm at Hopewell Township Municipal Building. Chair Yoga is a gentle form a yoga that can be done while seated in a chair or with the assistance of a chair. New session begins on April 8th through June 3rd. 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.

Healthy Bones—Mondays and Wednesdays, 10:30am—11:30am at Hopewell Township Municipal Building. Registration is required and paperwork must be completed to participate. Call or email Senior Services for more information.

Lunch Program—Monday through Friday, lunch is served at 11:20am daily. Registration is required through Mercer County Nutrition Project, 609-989-6650. Suggested \$1 donation.

Mahjongg—Thursdays, 1:30pm—3:30pm at the Hopewell Valley Senior Center. Enjoy a game of Mahjong with friends. Beginners are welcome.

Newsletter Folding- Third Monday: Monday, April 18, 12:00 noon at the Hopewell Valley Senior Center. Help Senior Services prepare the monthly newsletter mailing to over 600 Hopewell Valley seniors, Snacks will be provided. Enjoy socializing with your friends once again!

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

Senior Book Group - First Monday: *American Dirt* Monday, April 4, 2:00 pm, All are welcome to *American Dirt* by Jeanine Cummins. *Please register via 609.737.2610 or hopeprogs@mcl.org.*

The Short of It - Second Wednesday: Donald Barthelme Wednesday, April 13, 2:00 pm
The short story -- short in length, but full of content! Join our discussion group, which focuses on the short story. Each month we'll read and discuss three short stories by the same author. This month's author is Donald Barthelme and his short stories, "The School," "A City of Churches," and "I Bought a Little City." [Please register via 609.737.2610 or hopeprogs@mcl.org.](mailto:hopeprogs@mcl.org)

Hopewell Valley Senior Center: 395 Reading Street, Pennington 609-737-3855

Hopewell Township Municipal Building: 201 Washington Crossing Pennington Road, Titusville.

Mercer County Library- Hopewell Branch: 249 Pennington Titusville Road, Pennington 609-737-2610

Senior Services: Randi Knechel 609-537-0236 or seniorservices@hopewelltp.org



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| PLANT | OZONE | OXYGEN | OCEAN | NATURE |
| LOVE | LITTER | LIFE | HABITAT | GREEN |
| GARBAGE | FUEL | FOREST | FLOWERS | EXTINCT |
| ENVIRONMENT | ENERGY | ENDANGERED | ECOSYSTEM | ECOLOGY |
| EARTH | CONSERVATION | COMPOST | CLIMATE | CLEAN |
| ATMOSPHERE | APRIL | ANIMALS | AIR | |

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