



Senior Spirit



Hopewell Valley Senior Newsletter

May 2022, Vol. 16, No. 5

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Greetings Hopewell Valley!

The sun is warming, the birds are chirping, the flowers are blooming and the gardens are growing!!! Welcome back MAY!!! Boy, have we missed YOU!!! This month is “bursting” of reasons to celebrate and party with friends and family!!!

Get out the tortilla chips and guacamole as we celebrate the festivities of Cinco de Mayo on May 5th!!! Keep in mind to mark your calendars as we honor the wonderful and astonishing women in our lives on Sunday, May 8th, “Mother’s Day”!! Lastly, let us not forget to raise our flags and salute the red, white and blue as we commemorate all of the fallen soldiers who have given their lives so we may continue to live ours on Memorial Day.

May is Older Americans Month! The focus this year is Age My Way! We are asking seniors about aging in place and how older Americans can plan to stay in their homes and continue to live independent. Aging in place looks different for everyone but we can focus on some things in common. Everyone needs a plan, thinking about your current and future needs both at home and in the community. Staying involved in activities, communicating and continuing to contribute to the community to avoid social isolation. Thinking about home improvements and modifications needed to help you better age in place. These are things to consider when making your decisions or where to go and what to do to continue to live your best life!

Warmest Regards,
Randi



Senior News

Important Dates:

Sunday, May 1: Property Taxes Due



Wednesday, May 4: NJ Plastic Bag Ban takes Effect!



Thursday, May 5:



Sunday, May 8:



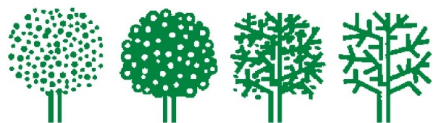
Saturday, May 28: Hopewell Valley Veteran's Association Memorial Day Ceremony

Sunday, May 29: Hopewell Borough Memorial Day Parade

Monday, May 30:



Government Offices and Senior Center **CLOSED**
Pennington Borough Memorial Day Parade



HOPEWELL TOWNSHIP
Parks & Recreation Department

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

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

May Events

Spring Play Preview: Wednesday, April 27th, 2:00pm at the Performing Arts Center in Hopewell Valley Central High School. Timberlane Middle School students will be performing their Spring Play, Matlida. Registration is required through Senior Services, please call 609-537-0236 or email seniorservices@hopewelltp.org.

NJ Bag Ban takes effect on Wednesday, May 4! Don't forget your reusable bags when going to the store.

Mahjong! How a Chinese Game Shaped Modern American Culture: Wednesday, May 4, 7:00 pm, VIRTUAL PROGRAM How does the Chinese parlor game mahjong fit into the American historic landscape? In what ways did this game foster the development of Jewish American and Chinese American identities across the country? Professor Annelise Heinz charts a complex cultural journey. This talk follows the history of one game to explore how, in their daily lives, individuals create and experience cultural change. Presented by Annelise Heinz is an assistant professor of history at the University of Oregon. *Please register to receive link via 609.737.2610 or hopeprogs@mcl.org.*

Planting Natives and How to Create a Small Meadow with Mike Van Clef at Hopewell Theater on Wednesday, May 4th at 7:00 p.m. Speaker Mike Van Clef will discuss creating a meadow in your yard and using native plantings as part of Hopewell Public Library's Wednesday Night Out Lecture Series. For any questions, please contact the Hopewell Public Library by phone at (609) 466-1625 or email at hpl@redlibrary.org.

Wills, Probate & Estate Planning: Tuesday, May 10, 6:30 pm VIRTUAL PROGRAM Wills & Estate Administration can be very complex. Having some information before you begin can help you through the process. This evening's program will cover topics, such as handling probate during COVID, getting your Estate Planning documents done when you can't go into a law office, and avoiding unnecessary expenses and saving your family money. *Please register to receive link via 609.737.2610 or hopeprogs@mcl.org.*

Spring Fling: Sunday, May 15, 2022, 12:00 noon at West Trenton Ballroom. Join the Greater Trenton Senior Association and Assemblyman Verrelli for an afternoon of food, music, dancing and fun! Space is limited, must show proof of vaccination. For questions or to reserve your tickets, contact Dave Ponton 609-635-7097.

HV Veteran's Assoc Memorial Day Ceremony: Saturday, May 28th, 11:00am at Woolsey Park, 221 Washington Crossing Pennington Road, Titusville.

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 9nd. Registration is required through Senior Services. To register, call Senior Services 609-537-0236 or seniorservices@hopewelltpw.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, Cash or checks payable to HT Rec. . To register, call Senior Services 609-537-0236 or seniorservices@hopewelltpw.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, Opening In-Person, Monday, May 2nd! Lunch is served at 11:20am daily. Registration is required through Mercer County Nutrition Project, 609-989-6650. Suggested \$1 donation. Come early and socialize with fellow area seniors, have a cup of coffee or a game!

Mahjong—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, May 16, 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: Monday, May 2, 2:00 pm, All are welcome! Please contact The Hopewell Branch 609.737.2610 or hopeprogs@mcl.org to inquire about this months title.

The Short of It – Second Wednesday: Sholom Aleichem Wednesday, May 11, 2:00 pm
The short story -- short in length, but full of content! Join our discussion group, which focuses on the short story. This we'll month celebrate Jewish American Heritage month, reading Sholom Aleichem's short stories, "Chava," "The Haunted Tailor," and "On Account of a Hat." Copies of the stories are available at the branch's Reference/Information Desk.

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@hopewelltpw.org



MEMORIAL DAY

★ HONORING ALL WHO SERVED ★



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Cemetery
 Service
 Remembrance
 World Wars
 Military
 Honor

Wreath
 Unknown Soldier
 Desert Storm
 Flags
 Soldiers
 Salute

Tribute
 Valor
 Korean War
 Veteran
 Freedom
 Decoration Day

Monument
 Medal
 Vietnam War
 Armed Forces
 Respect
 Country

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