



Senior Spirit



Hopewell Valley Senior Newsletter

June 2022, Vol. 16, No. 6

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Greetings Hopewell Valley!

Welcome back summer!!! June is back and better than ever!! Time to pull back those curtains and let that sunshine in to celebrate this beautiful month and all it has to offer!!

June 7th Celebrates National Chocolate Ice Cream Day! There is no better reason to grab a friend and hit the local ice cream pallor!! Nothing screams summer like a soft serve cone or better yet, a banana split!!

Celebrate the Summer Solstice this year by planting a garden in your backyard!! Tomatoes, green peppers and string beans are lovely additions to your dinner time menus and you can reap the rewards all month long!! In addition to starting your own garden, purchase some fresh produce from the Farmers Market Voucher Program returning in June, for more information or to register please visit the June Programs page.

Mercer County is offering tax assistance to low income seniors with water and sewer bills. More information is located on the Senior News page of the newsletter. Be sure to take advantage of these programs if you qualify!

Happy June everyone!! May these next thirty days be filled with sunny days, laughter, love, and good times!!!

Warmest Regards,
Randi



Senior News

Important Dates:

Tuesday, June 7: Primary Election. Senior Center CLOSED



Tuesday, June 14: Flag Day



Sunday, June 19:



Monday, June 20:



Sunday, June 26: HV Veteran's Assoc Car Show and Fireworks



Become a Mercer County Board Worker! Mercer County Board of Elections needs your help! Mercer County is hiring poll workers for the upcoming primary election and moving forward. If you are interested, please call 609-989-6522 or online at <https://www.mercercounty.org/boards-commissions/board-of-elections/board-worker-application>.

Attention....Important Utility Water Bill Program:

New Jersey has established the LOW INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM (LIHWAP). This is a federally funded program providing financial assistance to eligible low-income households to reduce the balances on their residential water and sewer bills. Income must be at or below 60% of the State Median Income, or \$3,348/month single person or \$4,379/month per couple. The application period is now open: <https://njdca-housing.dynamics365portals.us/en-US/dcaid-services/>



HOPEWELL TOWNSHIP
Parks & Recreation Department

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

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

Friday, June 24: Cirque du Soleil Crystal, Wells Fargo Center, Philadelphia, 5:30pm-11:00pm

June Events

Operation Blue Angel: Wednesday, June 8, 10:00am at the Hopewell Valley Senior Center. Operation Blue Angel is a program through the Hopewell Township Police Dept serving all Hopewell Valley Seniors. This program allows the Hopewell Township Police to install a lockbox at your home to allow access into your home in case of emergency without having to break your doors or windows. Learn more about this free program for our seniors by attending our presentation on June 8th. We will also discuss scams and identity theft that have been rampant in Hopewell Valley.

Healthy Living for Your Brain & Body: Tips from the Latest Research Thursday, June 2, 2:00 pm held on ZOOM. For centuries, we've known that the health of the brain and body are connected. Now science can provide insights into how to make lifestyle choices. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and how to incorporate these recommendations into a plan for healthy aging. Presented by Robin Kohn of the The Alzheimer's Association® Greater New Jersey Chapter. *Please email hopeprogs@mcl.org to register to receive the link to the program of interest.*

Intro to Bird Watching: Wednesday, June 22, 10:00am at the Hopewell Valley Senior Center. Join us as the Washington Crossing Audubon Society speaks about Bird Watching in our area and how to join some of their outings.

What's in Your Grocery Cart? Wednesday, June 22, 7:00 pm held on ZOOM.. What are the good fats? What is a slow carb? Why is it important to “eat the rainbow” and have fewer ingredients listed on a nutrition label? Come away from this webinar with a new perspective on what you're putting in your grocery cart and ultimately, what you're putting in your body. Learn to make informed choices that will support your journey towards better health. Presented by Tammy Sands, Eating for Your Health (by Suppers). *Please email hopeprogs@mcl.org to register to receive the link to the program.*

Mercer County Farmers Market Voucher Program: The Farmers Market program was developed to provide low-income older adults with checks they can use to purchase fresh produce grown by New Jersey farmers. **Qualifications are as follows: a single person's income must not exceed \$23,828 per year or \$1,986 monthly; a couple's income must not exceed \$32,227 per year or \$2,686 monthly.** Documentation is required for qualification, identification and proof of income (tax return or social security statement). Participants must be 60 years of age or older. Vouchers are limited, Hopewell Valley receives a limited number of vouchers, these will be awarded on a first come first serve basis. To register, call or email Hopewell Valley Senior Services 609-537-0236 or seniorservices@hopewelltp.org. **Program Registration begins on June 1st.**

Mercer County Nutrition Project: Join fellow Hopewell Valley Seniors for a daily lunch (Monday-Friday) at the Senior Center. This hot meal is provided by Mercer County for \$1 suggested donation to seniors over 60 year of age. Come to the center and enjoy a cup of coffee and breakfast items donated by Pennington Market, make new friends, play games and socialize. Transportation is available through Mercer County TRADE. Registration is required, please contact Mercer County Nutrition Project if you are interested, 609-989-6650.

Ongoing Events

Active Aging Exercise Class—Thursdays, 10:00am—11:00am at Hopewell Township Municipal Building. Session III begins on Thursday, June 16th through August 4th. 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 HV Senior Foundation.

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 June 10th through July 29th. 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 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, June 20, 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, June 6, 2:00 pm, All are welcome to discuss this month's book, *The Man Who Died Twice*, by Richard Osman

The Short of It – Second Wednesday: Patricia Highsmith Wednesday, June 8, 2:00 pm
The short story -- short in length, but full of content! Join our discussion group, which focuses on the short story. 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 Patricia Highsmith's short stories, "A Girl like Phyl," "Slowly, Slowly in the Wind," and "Doorbell for Louisa."

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



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|-------------|-----------|---------|----------------|----------|
| Flowers | Ice Cream | Holiday | Heat | Canoeing |
| Camp | Outdoors | Beach | Cool | Family |
| Flip-Flops | Friends | Fun | Fun in the sun | Happy |
| Hat | Hot | Lotion | Ocean | Sandals |
| Sandcastles | Summer | Sun | Sunglasses | Sunny |
| Swimming | Swimsuit | Warm | Water | Waves |

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