



Senior Spirit



Hopewell Valley Senior Newsletter

July 2022, Vol. 16, No. 7

Contents

- 1 Greeting
- 2 Senior News
- 3 July Programs
- 4-5 Calendar
- 6 Ongoing Programs
- 7 Word Find
- 8 Useful Phone Numbers

Greetings Patriots!!

Welcome to July and HAPPY BIRTHDAY AMERICA!!! Who doesn't just LOVE Independence Day!??? It's a day to spend with family and friends with tons of food and FIREWORKS!! The 4th is just one of those "feel good" holidays that hits right in the middle of summer when you can take a break and really appreciate how great it is to be an American!!

July is historically the hottest month of the year. Even with the summer heat about to really kick in, it's Baseball season!! Take in a local Legion Game or travel into the city and cheer on the Phillies!! Baseball games are perfect "date nights" or a wonderful way to create memories with loved ones. Grab the peanuts and cracker jacks and get to the ballfield!!!

July is also a wonderful time to hang out on the front porch with a cold ice tea and watermelon wedges. Relax and watch the sunset from the best seat in the house. With all the chaos that sometimes surrounds us, a quiet, blissful evening may be the perfect ending to the day.

Whatever you choose to celebrate this month, holidays or national food days, celebrate with the people you love!

Warmest Regards,
Randi



Senior News

Important Dates:

**Monday, July 4: Government Offices and Senior Center are CLOSED.
Titusville Fourth of July Parade, River Drive, Titusville**



NJ Senior Olympics are back for 2022! September 9-11, 2022 in Woodbridge Township, NJ. Are you 50+? Enter the 2022 NJ Senior Olympics! Sports included are Basketball, Billiards, Bocce, Cornhole, Darts, Golf (Separate \$100 registration fee), Horseshoes, Miniature Golf, Pickleball (Separate \$40 registration fee applies), Racquetball, Swimming, Table Tennis, Tennis and Track and Field. Registration deadline is August 27, 2022, \$40 registration fee will allow you to compete in 3 events \$10 for each additional event. (Registration fee does not including Pickleball of Golf). For more information and to register, go to: www.njseniorolympics.com or call New Jersey Senior Olympic Headquarters at: 973-618-1111



Randi is on vacation June 30th-July 8th, any questions call Hopewell Township Recreation 609-737-3753.



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

Saturday July 9: Wildwood Family Day 8:00am-10:00pm

Wednesday, July 13: Movies in the Park, Sing 2, Woolsey Park 8:30pm

Wednesday, July 27: Concert in the Park, Pennington Station Band, Woolsey Park 6:30pm

Wednesday, August 10: Movies in the Park, Jungle Cruise, Woolsey Park 8:30pm

Wednesday, August 24: Concert in the Park, TBD, Woolsey Park, 6:30pm

Wednesday, September 28: Doo Wop to Disco Review, The Shore Club, 10:30am-4:30pm

July Events

Men's Health Fair: Wednesday, June 29, 2:00pm—6:00pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Come and be informed about resources available to better your wellbeing. Information will include cancer prevention, blood pressure, mental health, social support, suicide prevention and more. Everyone is welcomed and light refreshments will be served. Contact Hopewell Township Health Dept with any questions, 609-737-0120.

Titusville Fourth of July Parade: Monday, July 4, 1:00pm for the main parade. Join the Titusville Fourth of July Committee as we celebrate July 4th marching down River Drive in Titusville. Come early and listen to music and watch the baby and bike parades. Events start at 10:00am along River Drive.

Wildwood Family Day Saturday, July 9, 8:00am—10:00pm. Enjoy the free beaches, boardwalk, shops, and entertainment in Wildwood! Bring your beach gear and extra clothes to spend a full day in the sun. Sit back, relax and enjoy the ride! Register with Hopewell Township Recreation Dept 609-737-3753.

Movies in the Park: Wednesday, July 13, 8:30pm at Woolsey Park. Join Hopewell Township Recreation for Sing 2! Can-do koala Buster Moon and his all-star cast of animal performers prepare to launch a dazzling stage extravaganza in the glittering entertainment capital of the world. There's just one hitch -- he has to find and persuade the world's most reclusive rock star to join them. What begins as Buster's dream of big-time success soon becomes an emotional reminder of the power of music to heal even the most broken heart. Bring your chairs, blankets, snacks and popcorn and sit under the stars watching our movie. Parking opens at 7:30pm, this is a FREE event and no registration necessary.

National Guard Museum Tour: Tuesday, July 19 at 10:00am. Join Hopewell Valley Senior Services on a tour of the new museum at the Lawrenceville Armory. The museum is filled with historical uniforms, weapons, equipment, pictures inside and outside! Registration is required through Senior Services, please call or email by Monday, July 11th if you are interested in attending. You are responsible for your own transportation. We will meet at the museum at 10:00am, Lawrenceville Armory, 151 Eggert Crossing Road, Lawrenceville, NJ.

Concerts in the Park: Wednesday, July 27 at 6:30pm. Hopewell Township Recreation is hosting this FREE concert for our community. Come out and enjoy the sounds of the Pennington Station Band! The band has been together since 2006 and plays classic rock and roll favorites!

Shark Attack! VIRTUAL EVENT: Friday, July 29, 2:00 pm
Didn't get your fill of sharks during Shark Week? Few do! Are sharks really ferocious eating machines they seem to be in movies? Learn the truth about these special fish. The truth is often more fascinating than fiction. Presented by the Center of Aquatic Sciences at Adventure Aquarium. *Please email hopeprogs@mcl.org to register to receive link to your program.*

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, July 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. We will play bridge on Wednesday, July 6th because of the holiday on Monday, July 4th! All experience levels.

Senior Book Group – First Monday: Monday, July 11, 2:00 pm, All are welcome to discuss this month's book, *The Lions of Fifth Ave* by Fiona Davis.

The Short of It – Second Wednesday: Eudora Welty Wednesday, July 13, 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 we'll read Eudora Welty's short stories, "Moon Lake," "A Worn Path," and "Why I Live at the P.O." Copies available at the Hopewell Branch Reference 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



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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