



Senior Spirit

Hopewell Valley Senior Newsletter

August 2022, Vol. 16, No. 8

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Hopewell Valley Senior Picnic

Thursday, September 8, 2022

(rain date Thursday, September 15th)

12 noon – 2:00 pm

Sullivan's Grove,

Washington Crossing State Park

355 Wash Crossing Pennington Rd, Titusville

We have missed each other for a few years and what a wonderful excuse to spend an afternoon with old friends. Hopewell Valley Senior Services and Hopewell Township Recreation invite you to the Annual Senior Picnic at Washington Crossing State Park. Enjoy lunch, music and most importantly old friends. Join fellow Hopewell Valley Seniors as we "Ketchup".

Registration is REQUIRED! Call or email Senior Services, 609-537-0236 or seniorservices@hopewelltpw.org by Monday, August 29th!



Hopewell Valley Senior Services Parks & Recreation Department



HOPEWELL TOWNSHIP



LET'S
"KETCHUP"

Senior News

Important Dates:

August 1: Taxes Due



August 2: National Night Out



August 21: Senior Citizen's Day National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.



***Save the Date* FLU CLINICS:** Hopewell Township Health Dept is hosting Flu Clinics for residents, Friday, September 9 from 10:00am to 4:00pm at the Hopewell Township Municipal Building and the Hopewell Township Drive Thru Clinic will be held on Friday, September 14 from 10:00am—4:00pm at Hopewell Township Public Works. Participants must register online or with the Health Dept, Links for the events are not available at the time of newsletter printing. Please mark your calendars, more information will be available in the September Newsletter!



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

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

August Events

National Night Out: Tuesday, August 2, 6:00-8:00pm at Stony Brook Elementary School. Join the Hopewell Township Police Dept, local Fire and EMS Departments, various town and county organizations for this annual event. Refreshments are provided.

Wreckers: The Land Pirates of Barnegat *VIRTUAL PROGRAM*

Thursday, August 4, 7:00 pm via Zoom. Was the 1834 newspaper story alleging that two-thirds of residents around Barnegat were criminals causing shipwrecks, murdering crews, and plundering cargo true? Learn the facts about the so-called pirates and four shipwrecks along Ocean County's shores in the 19th century!! Presented by John R. Barrows, Editor of Monmouth Timeline, Inc. Please email hopeprogs@mcl.org to register to receive link to your program or programs of interest

Ice Cream Social: Friday, August 12, 1:00pm-3:00pm, Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Sunday, August 21 is National Senior Citizen's Day, join Hopewell Valley Senior Services as we celebrate YOU! The event is FREE but registration is required, space is limited,. To register, please call or email Senior Services, 609-537-0236 or seniorservices@hopewelltpw.org by August 5th. This event is open to Hopewell Valley Residents ONLY!

Capital Healthy Living: Tuesday, August 16, 11:00am at the Hopewell Township Municipal Building. Colleen Klock from Capital Health will present the Capital Healthy Living Program offered by Capital Health. This program allows you to work with your own licensed Life Care Manager and coordinate doctors appointments, exercise classes and more for a low monthly fee. Transportation to all appointments are arranged for you without relying on your friends or family! Colleen is providing lunch for the participants. Registration is required by Friday August 5th by calling or emailing Senior Services, 609-537-0236 or seniorservices@hopewelltpw.org.

Senior Picnic: Thursday, September 8, 12:00pm-2:00pm Washington Crossing State Park, Sullivan's Grove, 355 Washington Crossing Pennington Rd, Titusville. Rain date for the event will be on Thursday, September 15th. Registration is REQUIRED, call or email Senior Services, seniorservices@hopewelltpw.org. or 609-537-0236. Registrations are due by Monday, August 29th. This event is open to Hopewell Valley Residents ONLY.

Ongoing Events

Active Aging Exercise Class—Thursdays, 10:00am—11:00am at Hopewell Township Municipal Building. Session IV begins on Thursday, August 17th through October 6th. 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.
SUMMER BREAK, SEE YOU IN SEPTEMBER!

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 August 12th. Class will resume in September after a short break! 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— FOURTH Monday: Monday, August 22, 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, August 1, 2:00 pm, All are welcome to discuss this month's book, *Black Cake* by Charmaine Wilkerson.

The Short of It – Second Wednesday: Ray Bradbury Wednesday, August 10, 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 Ray Bradbury's short stories, "The Veldt," "There Will Come Soft Rains," and "The Golden Kite, the Silver Wind" 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

Birds!



U H R T Y S P I G E O N S U T T L Q U A I L L Q
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 Duck
 Goose
 Ibis
 Magpie
 Quail
 Sparrow

Arctic Tern
 Cardinal
 Eagle
 Grackle
 Kildeere
 Mallard
 Raven
 Swallow

Barn Owl
 Cormorant
 Emporer Penguin
 Great Egret
 Kookaburra
 Parrot
 Robin
 Tern

Blueheron
 Crow
 Falcon
 Hawk
 Loon
 Pelican
 Seagull

Bluejay
 Drake
 Finch
 Hummingbird
 Macaroni Penguin
 Pigeon
 Snowy Owl

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