



Senior Spirit

Hopewell Valley Senior Newsletter

October 2022, Vol. 16, No. 10

Contents

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



**Best wishes on your birthday from
Hopewell Township Parks & Recreation
and Hopewell Valley Senior Services!**

Birthday Breakfast

Hopewell Valley Golf Club
Friday, October 14th, 2022 at 9:00 am
RSVP no later than October 3rd by calling or emailing Senior Services, (609) 537-0236, seniorservices@hopewelltwp.org

**Please join us for a birthday breakfast
in your honor, along with other
Hopewell Valley Seniors celebrating birthdays
in the months from July - December.**

**(We welcome and encourage spouses and guests,
at a cost of \$20, which may be paid at the door.)**

Please do not arrive before 8:45am.

Senior News

Important Dates:

Saturday, October 1: Hopewell Township Electronics and Shredding Event

Wednesday, October 5:



Monday, October 10:



Government Offices and Senior Center are Closed

Saturday, October 15: Medicare Open Enrollment Begins!



Monday, October 24:



Monday, October 31:



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

Saturday, October 1: Halloween Movie in the Park, Woolsey Park

Wednesday, October 5: "Murder on the Orient Express" Dinner Theatre, Surfflight Theatre

Saturday, October 8: Halloween Movie in the Park, Woolsey Park

Wednesday, October 19: Funny Girl on Broadway

Saturday, October 22: Haunted Hopewell, Woolsey Park 3:00pm-5:00pm

October Events

Qigong Intro: Tuesday, October 4, 1:30pm at the Hopewell Township Municipal Building Auditorium. Qigong is an exercise of coordinated body posture, movement, breathing and meditation. Qigong is practiced for recreation, exercise, relaxation, preventative medicine, meditation and more....Join us as we explore this program by offering an introductory class! We are planning to offer a 8 week class this fall, come see what Qigong is all about! To register, call Senior Services 609-537-0236 or seniorservices@hopewelltp.org.

Coffee with a Cop: Wednesday, October 5, 10:00am to 11:00am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington.. Join us for coffee and a conversation with our Hopewell Township and Pennington Borough Police officers. Coffee and refreshments will be provided.

Artists' Choice Art Show: Wednesday, October 5, 3:00pm—5:00pm at the Mercer County Library -Hopewell Branch, 245 Pennington Titusville Road, Pennington. Join us for the opening of the Artists' Choice Art Show at the Mercer County Library-Hopewell. Tour the beautiful art painted by our Hopewell Valley senior art group. No registration required. Paintings will remain in the library for the month of October. Refreshments are provided by Brandywine Living in Pennington.

Brown Bag Lunch: AARP presents "Fraud Watch: Network Basics and Protecting Your Digital ID" Fraud seems to be everywhere these days: in the mail, in telephone calls, in e-mail, in all types of advertising, and so on. How can we recognize it? How can we be sure whether an offer is legitimate or fraudulent? And what can we do to protect ourselves against fraud? An AARP representative will answer these very questions, and much more, at the next Brown Bag Lunch Program offered by the Older Adult Ministry Team of Pennington Presbyterian Church. The free two-part program, entitled "Fraud Watch: Network Basics and Protecting Your Digital ID", is set for Friday, October 7 at the church. All members of the community are welcome. Bring your own brown bag for lunch at 12:30. Beverages and a light dessert will be provided. The hour-long AARP program will begin at 1.

When to Call 911: Tuesday, October 11, 10:00am Whether it's an accidental injury or sudden chest pains, knowing when to call 911 is essential. Join Barbara Vaning, MHA, EMT, with Penn Medicine Princeton Health, for this interactive, educational lecture designed to teach you when to call for help. Topics include: what constitutes an emergency; what you need to tell the emergency dispatcher when you call; what to do if you cannot talk; and what you can do while waiting for help to arrive.

Amazing Pumpkin Carve: Wednesday, October 12- Sunday, October 16, Woolsey Park. Walk through the Carve Wednesday and Thursday, Friday-Sunday the Carve will be viewable by driving through the exhibits. Tickets are available at the gate or in online in advance. <https://hvartscouncil.org/amazingpumpkin carve/>

Birthday Breakfast: Friday, October 14, 9:00am at Hopewell Valley Golf Club, 114 Pennington Hopewell Road, Hopewell. Please join us for a birthday breakfast in your honor, along with other Hopewell Valley Seniors celebrating birthdays in the months from July-December. We welcome and encourage spouses and guests to attend at a cost of \$20, which may be paid at the door. **Registration is required, please call or email Senior Services by Monday, October 3rd,** seniorservices@hopewelltp.org or 609-537-0236. Space is limited.

Fire Safety Open House: Saturday, October 15, 11:00am—3:00pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville.

SHIP/Medicare Assistance : Tuesday, October 18, 6:30pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Rd, Titusville. Join us as we receive the latest Medicare updates from our Mercer County SHIP Coordinators. Learn about MIPPA (assistance with Medicare premiums and drug coverages with lower incomes) and BEC (benefit enrollment center), scheduling appointments for plan assistance. Registration with Senior Services is required, call 609-537-0236 or email, seniorservices@hopewelltp.org.

Ongoing Events

Active Aging Exercise Class—Thursdays, 10:00am—11:00am at Hopewell Township Municipal Building. Session IV begins on Thursday, October 13th through December 8th. 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 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.

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 Friday, September 2nd through October 21st. 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@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 11:30am 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.

Monday Afternoon Book Club— First Monday: Monday, October 3, 2:00 pm
All are welcome at the Hopewell Township Branch to discuss this month's book, *The Firekeeper's Daughter* by Angeline Boulley.

Newsletter Folding— Third Monday: Monday, October 17, 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!

Senior Advisory Board—Third Wednesday: Wednesday, October 19, 2:00pm at the Hopewell Valley Senior Center.

Social Bridge—Mondays, 1:30pm-4:00pm at the Hopewell Valley Senior Center. We will play bridge on Wednesday, October 12th because of the holiday on Monday, October 10th. All experience levels.

The Short of It – Second Wednesday: Isak Dinesen Wednesday, October 12, 2:00 pm
The short story -- short in length, but full of content! This we'll month we'll celebrate Hispanic Heritage Month by reading Julia Alvarez', "Liberty", "Daughter of Invention", and "Snow". Copies available at the Hopewell Township 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 Malkiewicz 609-537-0236 or seniorservices@hopewelltp.org



Q M L V W L J J A C K O L A N T E R N D Z V H F
N E H A U N T E D H O U S E O I G W X E T J B M
E Q K E G P P H B X V L J M Z O S D F F Q O T B
Z O X R R R T U M X F T K F K G L K T H J X A D
B I W R V K C Z M F I S T A E R T W E X Q O E L
L Z I G O B L I N P S O J Y S E E H V L E T R R
A F V Y V K K G Z K K S K U F D G G I X E C T M
C H G H U V D L C V K I C B N O H T I Q H T R P
K B O S H V Q S J X N O N X W N O V F P V O O Y
H Z M U M M I E S B P B M T E R S F H J M C K N
A P D J E F N P T S I O J Y R O T J L R X C C I
T E T F K I G A U Y V F M I E C S V W N G I I E
O S G J Y F B C M H J X Y E W Y V Z X Y T H R T
D G D N F A O M J E S W H K O D D M J C C Q T S
B T O J A H Z T O C I S L C L N B W O Y R R L N
R T P G M R T P H Z C G H W F A O O F N U O D E
L C D X E T O H F J T L O J I C O M M G S H H K
O V F I A Y M D F Z Y Y X O W T F L B N S T V N
Y Z B C U O I Q G T S Z O R B N C Y F L A J E A
N O O M L L U F P B H X B L F Q R H K I C M I R
R Q E M U T S O C B J E A T E A T H E Q T I D F
X U R J M S D W R K T C V M C O F O T S R D H X
H P G E S Q C Y V G K A W S A A O W T B P M O P
B D A X E B F I X N W N I P N C E G Z W I P L J

black hat

zombie

full moon

trick or treat

treats

scary

werewolf

hocus pocus

witches

candy corn

costume

haunted house

skeleton

boo

jack-o-lantern

black

goblin

monster

mummies

boogieman

pumpkin

orange

frankenstein

ghosts

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 Malkiewicz-(609) 537-0236

TRADE Transportation-(609) 530-1971