



# Senior Spirit

Hopewell Valley Senior Newsletter

November 2022, Vol. 16, No. 11

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## Fall Play Preview



The Diary of

*Anne Frank*

**Date:** Wednesday, November 16, 2022  
**Time:** 1:50pm SHOW ONLY  
**Location:** Central High School, PAC  
259 Pennington Titusville  
Road, Pennington

**Registration REQUIRED,**  
Call Senior Services 609-537-0236

## Senior News

### Important Dates:

**Tuesday, November 1: Property Taxes Due**



**Sunday, November 6: Daylight Savings Ends**



**Tuesday, November 8: Election Day**



**Friday, November 11: Veteran's Day, Government Office and Senior Center Closed**



**Thursday, November 24: Thanksgiving**



**Government Offices and Senior Center Closed**

**Friday, November 25: Government Offices and Senior Center Closed**



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

**Let the Good Times Roll:** Tuesday, November 15, Shore Club

**Elvis Christmas Show:** Wednesday, November 30, Penn's Peak

**chalkCOUTURE Class:** Thursday, December 1, Hopewell Township Building \$45

**Flower Arranging Class:** Tuesday, December 6, Hopewell Township Building \$75

**Home for the Holidays:** Wednesday, December 7, American Music Theatre

**NYC Holiday Trip:** Sunday, December 11, New York City

**Longwood Gardens:** Thursday, December 15

**Sound of Music:** Thursday, December 29, Paper Mill Playhouse

**New Years Eve at NOON:** Saturday, December 31, The Shore Club

## November Events

**Creative Well-being Into Class:** Join us for this introductory session to Creative Well-being! This class will be a 3 week intro session and will be held Tuesdays, November 1, 8 and 15, 1:00pm at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Rd, Titusville. The class will feature some fun & socialization while engaging in cognitive play & other creative activities. Creative Well-being will be lead by Shirin Stave-Matias, who started the teaches our Chair Yoga class on Fridays. Shirin began teaching this class in a hospital in Portugal. Since then the class has adapted with various groups of individuals from children to adults & seniors participating. Shirin blends movement and playfulness into the sessions drawing from her dance & yoga background as well as other creative influences that positively affect one's wellbeing. This intro class s scheduled to gauge interest in holding longer sessions in 2023. Register by contacting Senior Services, 609-537-0236 or email seniorservices@hopewelltp.org.

**Qigong Exercise Class:** Join us as we offer our first 8 week session of Qigong, Wednesdays, November 2nd—December 21st at 1:30pm in the Hopewell Township Building Auditorium, 201 Washington Crossing Pennington Road, Titusville. Qigong is an exercise of coordinated body posture, movement, breathing and meditation. Qigong is practiced for recreation, exercise, relaxation, preventative medicine, meditation and more.... To register, contact Senior Services, 609-537-0236 or seniorservices@hopewelltp.org

**Wednesday Night Out: Hoproco with Doug Dixon:** Wednesday, November 2nd, 6:45-8:30pm at the Hopewell Theater, 5 S Greenwood Ave, Hopewell. Yes, Hopewell did have a toy company, albeit a short-lived one. Hoproco, the Hopewell Products company, operated from 1923 to 1929 on Burton Avenue. In this presentation, Doug Dixon will explore the history of Hoproco and the five known toys that the company created. Plus, come early to see some of their actual antique toys exhibited!

**Veteran's Memorial Ceremony:** Saturday, November 5, 11:00am at Woolsey Park, 221 Washington Crossing Pennington Road, Titusville.

**Brown Bag Lunch:** The Older Adult Ministry Team of Pennington Presbyterian Church will celebrate Veterans Day, Friday, November 11, with a very special Brown Bag Lunch Program. Charles Hunt, a lifelong Titusville resident and author of "Through the Water and the Fire: A Swift Boat Sailor's Story", will share his experiences as a Petty Officer in the Navy Reserves serving in Viet Nam in 1969. He spent 345 days as an engine man and aft gunner on a 50-foot patrol boat in the remote areas of the Mekong Delta and Ca Mau. He was awarded the Navy Commendation medal with Combat V for courage under fire. Bring your own lunch at 12:30 for a time of socialization. Beverages and a light dessert will be provided. The one-hour program begins at 1.

**Fall Play Preview, The Diary of Anne Frank:** Wednesday, November 16, 2:00pm at Hopewell Valley Central High School Performing Arts Center. Registration is required, please contact Senior Services, 609-537-0236 or seniorservices@hopewelltp.org.

**Memory Screenings:** Friday, November 18, 10:00 am to 12:00 pm at Mercer County Library-Hopewell Branch, 245 Pennington Titusville Rd, Pennington. Penn Medicine/Princeton Health is offering memory screenings at the Hopewell Branch. Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. The 15-minute screenings and review of the results are both confidential. *Appointment is required; please email hopeprogs@mcl.org or call (609) 737-2610 to make an appointment.*

## 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, October 28—December 22. 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, November 7, 2:00 pm  
All are welcome at the Hopewell Township Branch to discuss this month's book, *Crying in H Mart: A Memoir* by Michelle Zauner.

**Newsletter Folding— Third Monday:** Monday, November 21, 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, November 16, 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:** Wednesday, November 9, 2:00 pm  
The short story -- short in length, but full of content! This we'll month celebrate Native American Heritage Month with Leslie Marmon Silko's stories, "Lullaby," "Yellow Woman," and "Storyteller." 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 Malkiewicz 609-537-0236 or seniorservices@hopewelltp.org



# HAPPY Thanksgiving

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|-------------|-----------|-----------|---------------|-------------|
| Friendship  | Farming   | Squanto   | Harvest       | Wishbone    |
| Plymouth    | Indians   | New World | Leaves        | Pilgrims    |
| Mayflower   | Leftovers | Gravy     | Autumn        | Corn        |
| Bread       | Feast     | Thanks    | Family        | Pumpkin Pie |
| Cranberries | Stuffing  | Noodles   | Mashed Potato | Turkey      |

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