



Senior Spirit

Hopewell Valley Senior Newsletter

December 2022, Vol. 16, No. 12

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Holiday

Cookie Exchange

December

16

1:00pm

HOPWELL VALLEY SENIOR CENTER
395 READING STREET, PENNINGTON

Bring your favorite cookies
and recipes to share

REGISTER WITH SENIOR SERVICES

609-537-0236 OR SENIORSERVICES@HOPWELLTWP.ORG

Senior News

Important Dates:

Friday, December 2: Pennington Holiday Walk


Monday, December 5: Hopewell Township Tree Lighting 6:00pm,
201 Washington Crossing Pennington Rd, Titusville.



Wednesday, December 7: Pearl Harbor Day



Sunday, December 18: Hanukkah Begins

Wednesday, December 21:  First Day of Winter

Friday, December 23: Hopewell Township and Senior Center are
CLOSED, Christmas Holiday

Sunday, December 25:



Monday, December 26: Hanukkah Ends and Kwanzaa,
Municipal Offices and Senior Center are CLOSED,
Christmas Holiday



Saturday, December 31:



HOPEWELL TOWNSHIP
Parks & Recreation Department

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

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

December Events

chalkCOUTURE: Thursday, December 1, 6:00-8:00pm at the Hopewell Township Municipal Building. chalkCOUTURE is back for the Holidays. Join us for some fa-la-la FUN! This festive design is sure to be a wonderful decorative addition in your home or given as a thoughtful handmade gift. There will be a variety of designs and transfers to choose from. Come by yourself or bring some friends for an evening of Holiday Magic! Registration is required, please call or email Hopewell Township Recreation, 609-737-3753 or kpoveromo@hopewelltp.org. Program Registration is also available online through Community Pass.

Pennington Borough Holiday Walk: Friday, December 2 at 6:00pm-9:00pm. Meet at Howe Commons, 65 South Main Street, Pennington.

Hopewell Township Tree Lighting- Monday, December 5, 6:00pm. Join us at the Hopewell Township Municipal Building as we light our holiday tree and honor the Hopewell Valley Football Team.

Flower Arrangements: Tuesday, December 6, 6:30pm at the Hopewell Township Municipal Building. We will be arranging a centerpiece for the holiday season including a lantern and winter greens. Program fee is \$75/person. Register with Senior Services, 609-537-0236 or seniorservices@hopewelltp.org by **Wednesday, November 23rd**.

Fall Prevention- Wednesday, December 7, 1:00pm at the Hopewell Valley Senior Center. Join us for our first presentation with Ivy Rehab in Pennington. This month we will focus on Fall Prevention. Registration is requested by calling or emailing Senior Services, 609-537-0236 or seniorservices@hopewelltp.org.

Wednesday Night Out: The Lenape and Their Ancestors in Hopewell Valley: Wednesday, December 7th, 7:00-8:30pm at The Hopewell Theater, 5 South Greenwood Ave, Hopewell, NJ 08525. American Indians have lived in the Hopewell area for at least 9,000 years. Volunteers and an intern have recently completed cataloging the approximately 2000 Indian artifacts in the Hopewell Museum collection. Much of the material was donated to the Museum by local collectors. Through the study of these artifacts, together with other types of record, including historical sources, we are learning more about the ways of life of the people who lived here for so long. This event is cosponsored by the [Hopewell Valley Historical Society](#) and the [Hopewell Museum](#).

Songs of the Season- Wednesday, December 14, 10:00am at the Hopewell Valley Senior Center. Join us as we celebrate the holiday season with Friends, food and music performed by Karl Dentino! Light refreshments will be provided, grab some friends and come sing along! Registration is requested, please call or email Senior Services, 609-537-0236 or seniorservices@hopewelltp.org.

Holiday IN PERSON Cookie Exchange- Friday, December 16, 1:00pm at the Hopewell Valley Senior Center. 'Tis' the season to share and be sweet, so come on and share your favorite Holiday Treats!! Let's create some holiday baking magic and bring some of your favorite cookie or treat recipes to the Senior Center to share!! We will put together our "2022 Holiday Recipe Book" containing all submitted recipes. Books will be available online or by contacting Senior Services to receive a hard copy by mail. Registration is requested, please call or email Senior Services, 609-537-0236 or seniorservices@hopewelltp.org.

Adult Craft: Decorative Pinecone Hearts- Wednesday, December 21, 10:00 am
Join us at the Hopewell Branch to create a decorative pinecone heart for your wall or front door. All materials will be provided. *Please email hopeprogs@mcl.org or call 609.737.2610 to register; space is limited.*

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. Winter Break, see you in January! Happy Holidays!

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, November 4—January 13. 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, December 5, 2:00 pm
All are welcome at the Hopewell Township Branch to discuss this month's book, *West with Giraffes* by Lynda Rutledge.

Newsletter Folding— Third Monday: Monday, December 19, 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, December 21, 2:00pm at the Hopewell Valley Senior Center.

Social Bridge—Mondays, 1:30pm-4:00pm at the Hopewell Valley Senior Center. All experience levels.

The Short of It – Second Wednesday: Wednesday, December 14, 2:00 pm. The short story -- short in length, but full of content! This month we'll discuss Stephen Crane, and his stories, "The Blue Hotel" and "The Open Boat." 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



Season's Greetings

W H J O Y O U S K W A N Z A A D H D T V S B M T
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Gingerbread
 Sleigh
 Cookies
 Snowman
 Presents
 Happy Hanukkah

Sweater
 Fireplace
 Icicle
 Mistletoe
 Snowflake
 Joyous Kwanzaa

Mittens
 Reindeer
 Sledding
 December
 Winter
 Merry Christmas

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

Hopewell Twp Recreation- (609) 737-3753

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

RideProvide of Greater Mercer County-(609) 452-5140

Senior Services, Randi Malkiewicz-(609) 537-0236

TRADE Transportation-(609) 530-1971