



# Senior Spirit



Hopewell Valley Senior Newsletter

September 2021, Vol. 15, No. 9

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Greetings Hopewell Valley!

While summer is now a thing of the past, September has finally arrived. We soon will be falling into autumn and all is beautiful foliage and flannel!! As we look forward to fall, September is great time to reflect, reboot, and refocus. As the seasons change, it is natural to take a moment to take an inventory of the last couple of months and recharge for the months ahead!! Take these next four weeks to ask yourself what you want to accomplish and set new intentions to achieve as 2021 comes to an end. While this year has been a challenging one for many, let us finish strong and go out on a high note!!

Hopewell Township Recreation is traveling again, September we will be in Cape May for a history tour! Senior Services and Recreation are working on some more local trips for the fall as well. Starting off in September, we will be walking around Grounds for Sculpture. We are excited to offer these trips but are mindful of the health situation and are taking precautions.

The new Fall/Winter Recreation Program Guide will be hitting Hopewell Valley mailboxes in the September issue of the Hopewell Express Newspaper!

Don't forget to register for the Senior Picnic on September 9th, registrations are due by August 31st.

Fall is the perfect time to start making hot cocoa and lighting fires in the fireplace as the temperatures start to cool. The crisp fresh air puts a little "pep in your step" and pink on your cheeks!! This season creates the perfect setting for comfort, warmth, and FOOTBALL!!

Warm Regards, Randi

## Senior News

### Important Dates:

**Monday, September 6:** Labor Day, All government offices and Senior Center are CLOSED

**Thursday, September 16:** Collect Rocks Day! *Collect Rocks Day* is a day to enjoy and add to your rock collection. Ahh, to be a kid again, and have a rock collection. Well, we have good news for you. No one ever said you had to give up your rock collection when you became an adult. We hope you always keep and cherish your invaluable rock collection. (holidayinsights.com)



Randi is on vacation starting Thursday, September 23 and returning to the office Wednesday September 29. Contact Hopewell Township Recreation 609-737-3753.

**Artists' Choice Art Show will be held on Thursday, October 7 at the Mercer County Library-Hopewell from 3:00pm—5:00pm**



**Fall/Winter Program Guide will be released with the September Edition of the Hopewell Express Newspaper, Don't miss out!**

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

September: Grounds for Sculpture, Date TBD call Hopewell Rec if interested!

Wednesday, September 22: Cape May History Tour

Wednesday, October 6: Mama Mia at Dutch Apple Theater

Wednesday, October 13: Sleepy Hollow Cemetery Tour and Blaze Jack O' lantern Event, Tarrytown, NY

Wednesday, November 3: Queen Esther at Sight & Sound

Wednesday, December 8: Winter Wonderland at American Music Theater

Sunday, December 12: NYC Shopping Trip

Friday, December 31: New Year's Eve at Noon at Doolan's

## September Events

**Exercise for the Active Aging:** Thursdays, September 2-October 21, 10:00am in the Hopewell Township Municipal Building Auditorium. Join instructor Bob Kirby for an exercise program adaptable to all levels! This class will highlight functional fitness balance, strength, endurance, posture, flexibility and mobility. Resistance Bands and Stress/Squeeze Balls will be provided for your use during class. If you are uncomfortable using shared equipment, please come to class with your own equipment. Any questions, please contact Senior Services Registration is required, space is limited! Fee of **\$20/person for the 8 week program**, Bring a **CHECK** to the first class made out to the **HV Senior Foundation. Must have 15 participants to hold the class, maximum of 20 people in person.** Class will be available via ZOOM for any participants not wishing to come in person. Registration fee still applies. **To register, call Leslie 609-737-3753 or email lconant@hopewelltp.org.**

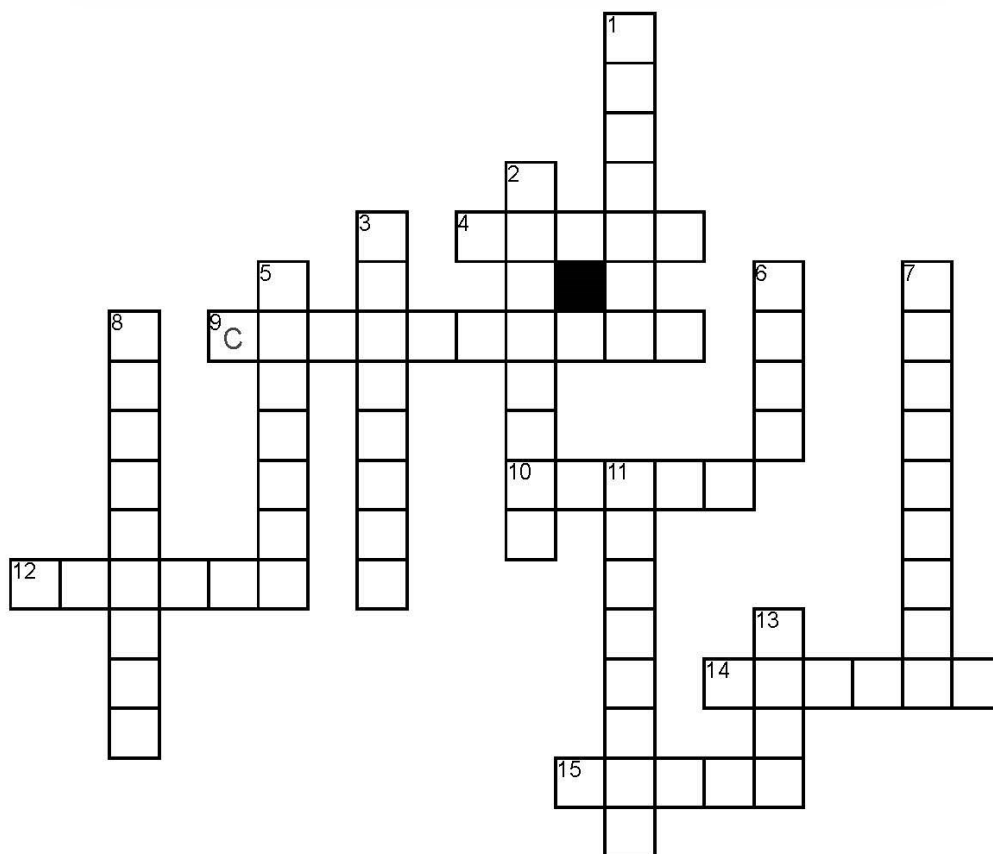
**Senior Picnic:** September 9th noon to 3:00pm at Washington Crossing State Park, Sullivan's Grove (near the Visitor's Center). Picnic orders are due to Hopewell Township Recreation by August 31st. Senior Services and Hopewell Township Recreation did not want to miss another year of the Senior Picnic. Although this year is a little different we hope everyone will come out and join us for an afternoon of food, music and friends. Rain date is Friday, September 17th, be sure to check your email, Hopewell Township website and social media for any updates or call Senior Services or Recreation.

**Chair Yoga:** Fridays, September 10-October 29, 1:30pm-2:30pm in the Hopewell Township Municipal Building Auditorium. Chair Yoga is a gentle form of yoga that can be done while seated in a chair or with the assistance of a chair. Join our instructor Shirin as we offer this 8 week class. Registration is required through Hopewell Township Recreation and a fee of \$20/person for the 8 week class. **To register, call Leslie 609-737-3753 or email lconant@hopewelltp.org.**

**9/11 Memorial Service:** Saturday, September 11, 11:00am at Woolsey Park. Join us as we commemorate the 20 year anniversary of the 9/11 attacks. Bring your own chair to the ceremony, lunch will be provided after.

**Cape May History Tour:** Wednesday, September 22, 8:00am-7:00pm. We will be taking a trip to beautiful Cape May, NJ, to learn about the history of this infamous part of the state! Our first stop will be at Cold Springs Village where we will be given a tour of the grounds by those dressed in period clothing. We will then move on to Washington Street Mall where you can enjoy lunch on your own from one of the fabulous restaurants and also enjoy time exploring the mall. We will meet back up for our Trolley Tour of Cape May where we will get a 45 minute tour of the beautiful Historic District of the town and learn all about the oldest residential streets, landmark buildings, gingerbread houses, Victorian architectural features and the Grand Dames of Cape May before heading home. Fee TBD, not available at time of newsletter printing, call Hopewell Township Recreation for pricing 609-737-3753.

# LABOR DAY



## Across

- 4. Another word for work.
- 9. To help.
- 10. An act of joining.
- 12. People you are related to.
- 14. Someone that gets paid to work.
- 15. I miss summer -----.

## Down

- 1. A get together where you cook.
- 2. Grilled food is called
- 3. The \_\_\_\_\_ anthem .
- 5. Christmas, Easter, 4th of July, Halloween.
- 6. To sit still or sleep.
- 7. To be excited.
- 8. The 9th month of the year.
- 11. My mom is in the hair \_\_\_\_\_.
- 13. something you do for money.

## Word Bank

Break  
Cookout  
Union  
Worker

Barbecue  
Holiday  
Family  
September

National  
Rest  
Contribute  
Labor

Industry  
Celebrate  
Work



# The COVID-19 Delta variant



## 4 things to know about the Delta variant:



COVID-19 continues to spread in the US and variants are circulating. **The best way to protect yourself from the virus is to get a COVID-19 vaccine. If unvaccinated, continue to wear a mask and keep physical distance in public spaces**



It is normal for viruses to change through mutation. **The Delta variant is considered a variant of concern and is one of four notable variants in the US**



**The Delta variant spreads more easily from person to person than the original strain of COVID-19**



So far, studies suggest that **current authorized vaccines protect against the circulating variants, including the Delta variant. Vaccines protect you from getting sick, needing to be hospitalized, and dying.**

## COVID-19 vaccines are:



SAFE



EFFECTIVE



FREE **FOR ALL**



For more information visit [covid19.nj.gov/vaccine](https://covid19.nj.gov/vaccine) or call 855-568-0545

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 (Pennington)-(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