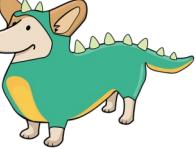
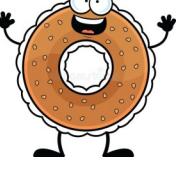
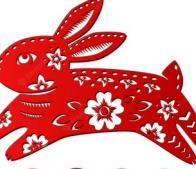


# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 	3 1- Artists' Choice	4 10:30-Healthy Bones (HTB) 1:30-Qigong (HTB) 1:30—Social Bridge	5 10-Active Aging (HTB) *New Session* 1:30-Mahjongg  HAPPY Bird Day	6 1:30-Chair Yoga (HTB)	7
8	9 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Senior Book Group (MCL)	10 1- Artists' Choice 1-Creative Well-Being (HTB) Houseplant Appreciation Day 	11 10:30-Healthy Bones (HTB) 1:30-Qigong (HTB)	12 10-Active Aging (HTB) 1:30-Mahjongg National Hot Tea Day 	13 1:30-Chair Yoga (HTB)	14  Dress up your Pet Day
15  National Bagel Day	16  CLOSED I Have a Dream	17 1- Artists' Choice 1-Creative Well-Being (HTB)	18 10:30-Healthy Bones (HTB) 1:30- Qigong (HTB) 1:30-Social Bridge 2-Senior Advisory Board	19 10-Active Aging (HTB) 1:30-Mahjongg National Popcorn Day 	20 10-Peace Bracelets (MCL) 1:30-Chair Yoga (HTB) *New Session*	21  Squirrel Appreciation Day
22  2023 HAPPY CHINESE NEW YEAR	23 10:30-Healthy Bones (HTB) 12-Newsletter Folding 1:30- Social Bridge	24 1- Artists' Choice 1-Creative Well-Being (HTB)	25 10:30-Healthy Bones (HTB) 1:30-Qigong (HTB) 2-Practicing Mindfulness	26 10-Active Aging (HTB) 1:30-Mahjongg	27 11- Health Fair (HTB) 1:30-Chair Yoga (HTB)	28
29 	30 10:30-Healthy Bones (HTB) 1:30- Social Bridge	31 1- Artists' Choice 1-Creative Well-Being (HTB)		<u>Location Guide</u> HTB-Hopewell Town. Building HTPW-Hopewell Twp. Public Works HVCHS-Hopewell Valley High School HTS— Hopewell Train Station	MCL-MC Library, Hopewell Branch PB-Pennington Borough PPC-Pennington Presbyterian Church WP - Woolsey Park WXSP-Washington Xing State Park	All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold. For directions to any loca-