
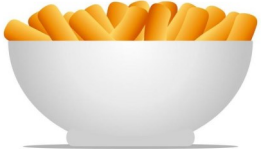





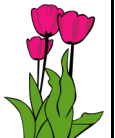








March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold.</p> <p>For directions to any loca-</p>	<p><u>Location Guide</u></p> <p>HTB-Hopewell Town. Building</p> <p>HTPW-Hopewell Twp. Public Works</p> <p>HVCHS-Hopewell Valley High School</p> <p>HT— Hopewell Theatre</p>	<p>MCL-MC Library, Hopewell Branch</p> <p>PB-Pennington Borough</p> <p>PPC-Pennington Presbyterian Church</p> <p>WP - Woolsey Park</p> <p>WXSP-Washington Xing State Park</p>	<p>1</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- It Could Be Poison (MCL)</p> <p>1:30-Qigong (HTB)</p> <p>2- Spring Play Preview (PAC)</p>	<p>2</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjongg</p>	<p>3</p> <p>1:30-Chair Yoga (HTB)</p>  <p>National Cold Cuts Day</p>	<p>4</p>
<p>5</p> <p>NATIONAL CHEESE DOODLE DAY</p> 	<p>6</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p>2- Senior Book Group (MCL)</p>	<p>7</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> 	<p>8</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Knitting Club</p> <p>Sister Act Trip</p>	<p>9</p> <p>10-Active Aging (HTB)</p> <p>12:30- Brown Bag Lunch (PPC)</p> <p>1:30-Mahjongg</p>	<p>10</p> <p>1:30-Chair Yoga (HTB)</p>	<p>11</p>  <p>Happy Johnny Appleseed Day!</p>
<p>12</p>  <p>SPRING FORWARD Turn your clocks ahead</p>	<p>13</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p>14</p> <p>9- AARP Smart Driver (HTB)</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>15</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Qigong (HTB)</p> <p>2-Senior Advisory Board</p>	<p>16</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjongg</p>  <p>National Panda Day</p>	<p>17</p> <p>10-T'ai Chi (HTB)</p> <p>1:30-Chair Yoga (HTB)</p>  <p>St Patrick's Day</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>10:30-Healthy Bones (HTB)</p> <p>12- Newsletter Folding</p> <p>1:30- Social Bridge</p>  <p>Spring Begins</p>	<p>21</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>22</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p>	<p>23</p> <p>10-Active Aging (HTB)</p>  <p>Italian Feast of St. Joseph Trip</p> <p>National Puppy Day</p>	<p>24</p> <p>10-T'ai Chi (HTB)</p>	<p>25</p>  <p>National Medal of Honor Day</p>
<p>26</p>  <p>HAPPY SPINACH DAY!</p>	<p>27</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p>28</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>29</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p>  <p>Manatee Appreciation Day</p>	<p>30</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjongg</p>	<p>31 *Spring Birthday Breakfast RSVP Due*</p> <p>10-T'ai Chi (HTB)</p> <p>1:30-Chair Yoga (HTB)</p> <p>National Crayon Day</p> 