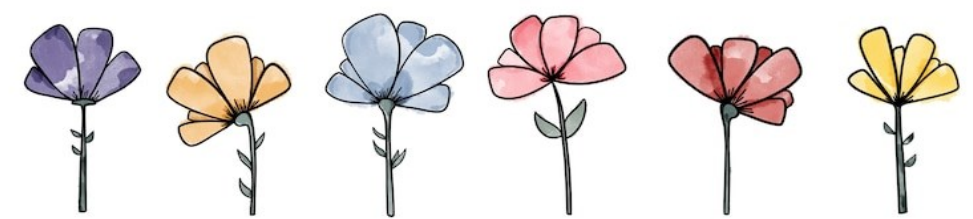


















May 2023



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>1</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p>2- Book Group (MCL)</p> <p>Property Taxes Due </p>	<p>2</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p>7- Book Club (HBL)</p>	<p>3</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Knitting Club</p> <p>1:30-Qigong (HTB)</p> <p>2-Learn MahJong (HBL)</p> <p>7- Speaker Series (HT)</p> <p>Beautiful Noise Trip</p>	<p>4</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p> <p>chalkCOUTURE</p>	<p>5</p> <p>10-T'ai Chi (HTB)</p> <p>1:30-Chair Yoga (HTB)</p> <p></p>	<p>6</p> <p></p>
<p>7</p>	<p>8</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p>9</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p></p> <p>Lost Sock Memorial Day</p>	<p>10</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p> <p>2- The Short of It (MCL)</p> <p>2-Learn MahJong (HBL)</p> <p>Moses & Shady Maple Trip</p>	<p>11</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p>	<p>12</p> <p>10-T'ai Chi (HTB)</p> <p>1:30-Chair Yoga (HTB)</p> <p></p>	<p>13</p> <p></p> <p>National Train Day</p>
<p>14</p> <p></p>	<p>15</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p></p>	<p>16</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>17</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Qigong (HTB)</p> <p>2-Senior Advisory Board</p> <p>2-Learn MahJong (HBL)</p>	<p>18</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p> <p></p>	<p>19</p> <p>10-T'ai Chi (HTB)</p> <p>1:30-Chair Yoga (HTB)</p>	<p>20</p> <p></p> <p>10am—4pm</p>
<p>21</p> <p></p> <p>World Meditation Day</p>	<p>22</p> <p>10- Stop the Bleed (MCL)</p> <p>10:30-Healthy Bones (HTB)</p> <p>12- Newsletter Folding</p> <p>1:30- Social Bridge</p>	<p>23</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p></p>	<p>24</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p>	<p>25</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p>	<p>26</p> <p>10-T'ai Chi (HTB)</p> <p>1:30-Chair Yoga (HTB)</p>	<p>27</p> <p></p> <p>Hopewell Valley Veterans Memorial Ceremony</p>
<p>28</p> <p></p> <p>Hopewell Borough Parade</p>	<p>29 CLOSED</p> <p></p> <p>Pennington Borough Parade</p>	<p>30</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>31</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p> <p>1:30 Social Bridge</p> <p>National Flip Flop Day </p>	<p>Location Guide</p> <p>HTB-Hopewell Twp. Building</p> <p>HTPW-Hopewell Twp. Public Works</p> <p>HVCHS-Hopewell Valley High School</p> <p>HBL- Hopewell Borough Library</p> <p>HT— Hopewell Theatre</p>		<p>MCL-MC Library, Hopewell Branch</p> <p>PB-Pennington Borough Hall</p> <p>PPC-Pennington Presbyterian Church</p> <p>WP - Woolsey Park</p> <p>WXSP-Washington Xing State Park</p>