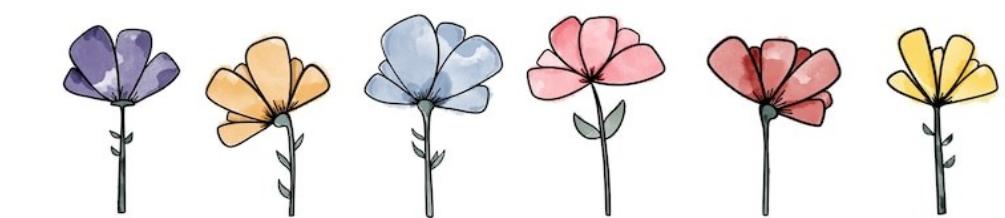


May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold. For directions to any location, see website.	1 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Group (MCL) Property Taxes Due	2 1- Artists' Choice 1-Creative Well-Being (HTB) 7- Book Club (HBL)	3 10:30-Healthy Bones (HTB) 1- Knitting Club 1:30-Qigong (HTB) 2-Learn MahJong (HBL) 7- Speaker Series (HT) Beautiful Noise Trip	4 10-Active Aging (HTB) 1:30-Mahjong chalkCOUTURE	5 10-T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 	6
7	8 10:30-Healthy Bones (HTB) 1:30- Social Bridge	9 1- Artists' Choice 1-Creative Well-Being (HTB) Lost Sock Memorial Day	10 10:30-Healthy Bones (HTB) 1:30-Qigong (HTB) 2- The Short of It (MCL) 2-Learn MahJong (HBL) Moses & Shady Maple Trip	11 10-Active Aging (HTB) 1:30-Mahjong	12 10-T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 	13 National Train Day
14 HAPPY MOTHER'S DAY	15 10:30-Healthy Bones (HTB) 1:30- Social Bridge 	16 1- Artists' Choice 1-Creative Well-Being (HTB)	17 10:30-Healthy Bones (HTB) 1:30- Qigong (HTB) 2-Senior Advisory Board 2-Learn MahJong (HBL)	18 10-Active Aging (HTB) 1:30-Mahjong 	19 10-T'ai Chi (HTB) 1:30-Chair Yoga (HTB)	20 10am-4pm
21 World Meditation Day	22 10- Stop the Bleed (MCL) 10:30-Healthy Bones (HTB) 12- Newsletter Folding 1:30- Social Bridge	23 1- Artists' Choice 1-Creative Well-Being (HTB) 	24 10:30-Healthy Bones (HTB) 1:30-Qigong (HTB)	25 10-Active Aging (HTB) 1:30-Mahjong	26 10-T'ai Chi (HTB) 1:30-Chair Yoga (HTB)	27 Hopewell Valley Veterans Memorial Ceremony
28 Hopewell Borough Parade	29 Pennington Borough Parade	30 1- Artists' Choice 1-Creative Well-Being (HTB)	31 10:30-Healthy Bones (HTB) 1:30-Qigong (HTB) 1:30 Social Bridge National Flip Flop Day		Location Guide HTB-Hopewell Twp. Building HTPW-Hopewell Twp. Public Works HVCHS-Hopewell Valley High School HBL- Hopewell Borough Library HT- Hopewell Theatre	MCL-MC Library, Hopewell Branch PB-Pennington Borough Hall PPC-Pennington Presbyterian Church WP - Woolsey Park WXSP-Washington Xing State Park