



# June 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold.</b> <b>For directions to any location</b>	<u>Location Guide</u> HTB-Hopewell Twp. Building HTPW-Hopewell Twp. Public Works HVCHS-Hopewell Valley High School HBL- Hopewell Borough Library HT— Hopewell Theatre  <p><i>National Cheese Day</i></p>	MCL-MC Library, Hopewell Branch PB-Pennington Borough Hall PPC-Pennington Presbyterian Church WP - Woolsey Park WXSP-Washington Xing State Park 		<b>1</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	<b>2</b> 10-T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)  <p><i>National Donut Day</i></p>	<b>3</b>
<b>4</b>  <p><i>National Cheese Day</i></p>	<b>5</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Group (MCL) 2-CPR Training (HTB)	<b>6</b> <i>Senior Center Closed Primary Election Day</i> <b>1-Creative Well-Being (HTB)</b> 	<b>7</b> 10:30-Healthy Bones (HTB) 1- Knitting Club 1:30-Qigong (HTB)	<b>8</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 	<b>9</b> 10-T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	<b>10</b>  <p><i>National Iced Tea Day</i></p>
<b>11</b>	<b>12</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge  <p><i>National Red Rose Day</i></p>	<b>13</b> 1- Artists' Choice 1-Creative Well-Being (HTB)	<b>14</b> 10:30-Healthy Bones (HTB) 1:30-Qigong (HTB) 2- The Short of It (MCL) 	<b>15</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong 	<b>16</b> 10-T'ai Chi (HTB) 1:30-Chair Yoga (HTB)	<b>17</b>  <p><i>National Mascot Day</i></p>
<b>18</b> 	<b>19</b> 10:30-Healthy Bones (HTB) 12-Newsletter Folding 1:30- Social Bridge 	<b>20</b> 1- Artists' Choice 1-Creative Well-Being (HTB)	<b>21</b> 10:30-Healthy Bones (HTB) 1:30- Qigong (HTB) 	<b>22</b> 9-Active Aging (HTB) 10-Active Aging (HTB)	<b>23</b> 10-T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)  <p><i>National Hydration Day</i></p>	<b>24</b>
<b>25</b>  <p><i>Hopewell Valley Veterans Car Show &amp; Fireworks</i></p>	<b>26</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge	<b>27</b> 1- Artists' Choice 1-Creative Well-Being (HTB)  <p><i>National Sunglasses Day</i></p>	<b>28</b> 10:30-Healthy Bones (HTB) 1:30-Qigong (HTB)	<b>29</b> 9-Active Aging (HTB) 10-Active Aging (HTB)	<b>30</b> 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)  <p><i>National Food Truck Day</i></p>	