

















# July 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold.</b></p> <p><b>For directions to any loca-</b></p>	<p><u>Location Guide</u></p> <p>HTB-Hopewell Twp. Building</p> <p>HTPW-Hopewell Twp. Public Works</p> <p>HVCHS-Hopewell Valley High School</p> <p>HPL- Hopewell Borough Library</p> <p>HT— Hopewell Theatre</p>	<p>HTS- Hopewell Train Station</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>				<p><b>1</b></p>  <p><i>National Postage Stamp Day</i></p>
<p><b>2</b></p>  <p><i>National Wildland</i></p>	<p><b>3</b></p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p><b>4</b> <i>CLOSED</i></p>  <p><i>Titusville Parade</i></p>	<p><b>5</b></p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Knitting Club</p> <p>1:30-Qigong (HTB)</p> <p>1:30-Learn to Play Mah Jongg (MCL)</p>	<p><b>6</b></p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p>	<p><b>7</b></p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p> <p><i>Strawberry Sundae Day</i></p>	<p><b>8</b></p>  <p><i>Wildwood Family Day Trip</i></p>
<p><b>9</b></p>  <p>NATIONAL SUGAR COOKIE DAY</p>	<p><b>10</b></p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p>2- Book Group (MCL)</p>  <p><i>National Kitten Day</i></p>	<p><b>11</b></p> <p>10-Cribbage &amp; Coffee (MCL)</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p><b>12</b></p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p> <p>1:30-Learn to Play Mah Jongg (MCL)</p> <p>8:30- Movies in the Park</p>	<p><b>13</b></p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p>	<p><b>14</b></p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>  <p><i>National French Fry Day</i></p>	<p><b>15</b></p>
<p><b>16</b></p>  <p><i>happy national ice cream DAY</i></p>	<p><b>17</b></p> <p>10:30-Healthy Bones (HTB)</p> <p>12-Newsletter Folding</p>	<p><b>18</b></p> <p>10-Cribbage &amp; Coffee (MCL)</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p><b>19</b></p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Qigong (HTB)</p> <p>1:30-Learn to Play Mah Jongg (MCL)</p> <p>2-Senior Advisory Board</p>	<p><b>20</b></p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p>  <p><i>National Moon Day</i></p>	<p><b>21</b></p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p><b>22</b></p>  <p><i>National Hammock Day</i></p>
<p><b>23/30</b></p>  <p><i>(30) National Cheesecake Day</i></p>	<p><b>24/31</b></p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>  <p><i>National Mutt Day</i></p>	<p><b>25</b></p> <p>10-Cribbage &amp; Coffee (MCL)</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p><b>26</b></p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p> <p>1:30 Social Bridge</p> <p>1:30-Learn to Play Mah Jongg (MCL)</p> <p>6:30-Concerts in the Park (WP)</p>	<p><b>27</b></p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p>  <p><i>National New Jersey Day</i></p>	<p><b>28</b></p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p><b>29</b></p>  <p><i>NATIONAL LASAGNA DAY July 29</i></p>