



















August 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-Cribbage & Coffee (MCL)</p> <p>1- Artists' Choice</p> <p>National Mah Jongg Day </p>	<p>2</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Knitting Club</p> <p>1:30-Qigong (HTB)</p>	<p>3</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong </p> <p>National Watermelon Day</p>	<p>4</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>5</p> <p></p> <p>National Mustard Day</p>
<p>6</p> <p></p> <p>Root Beer Float Day</p>	<p>7</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p></p> <p>National Lighthouse Day</p>	<p>8</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p>7- HPL Book Club (HPL)</p>	<p>9</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p> <p>2- Caregivers Support Group (MCL)</p> <p>8:30- Movies in the Park (WP)</p>	<p>10</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p> <p>2- The Short of It (MCL)</p>	<p>11</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>12</p> <p></p> <p>National Vinyl Record Day</p>
<p>13</p> <p></p> <p>HAPPY LEFT HANDERS DAY</p>	<p>14</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p>2- Book Group (MCL)</p>	<p>15</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>16</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p> <p></p> <p>National Roller Coaster Day</p>	<p>17</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p>	<p>18</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>19</p> <p>10- Hidden Gardens Tour (HPL)</p> <p></p> <p>Honey Bee Awareness Day</p>
<p>20</p> <p></p> <p>World Mosquito Day</p>	<p>21</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Ice Cream Social (HTB)</p> <p>1:30- Social Bridge</p> <p>Senior Citizen's Day </p>	<p>22</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>23</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Qigong (HTB)</p> <p>6:30-Concerts in the Park (WP)</p>	<p>24</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong </p> <p>National Waffle Day</p>	<p>25</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>26</p> <p></p> <p>NATIONAL DOG DAY</p>
<p>27</p> <p>Happy Just Because Day!</p> <p></p>	<p>28</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p>29</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p>International Bat Night </p>	<p>30</p> <p>10- Craftastic Adults (MCL)</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30-Qigong (HTB)</p>	<p>31</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p> <p>World Daffodil 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>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>