



September 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	<u>Location Guide</u> HTB-Hopewell Twp. Building HTPW-Hopewell Twp. Public Works HVCHS-Hopewell Valley High School HPL- Hopewell Borough Library HT— Hopewell Theatre	HTS- Hopewell Train Station HPG- Hopewell Park Gazebo MCL-MC Library, Hopewell Branch JOPT- Jag One Physical Therapy PB-Pennington Borough Hall PPC-Pennington Presbyterian Church			1 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB) <i>National Food Bank Day</i> 	2 Evening Under the Stars (WP) 4:00pm Car Show 6:00pm Band  8:15pm Fireworks
3	4 CLOSED 	5 10- Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB) 7- HPL Book Club (HPL)	6 10:30-Healthy Bones (HTB) 1-Knitting Club/ Just Games 1:30-Qigong (HTB) 3- Artists' Choice Art Show (MCL) 7- Speaker Series (HT)	7 9-Active Aging (HTB) 10-Active Aging (HTB) 12-SENIOR PICNIC (WXSP) 1:30-Mahjong	8 10-Flu Clinic (HTB) 10 -Mahjong in the Morning (MCL) 10- POLST (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB) <i>Ampersand Day</i> &	9  11- 9/11 Memorial Service (WP)
10  <i>Grandparents Day</i>	11 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Group (MCL) 	12 1- Artists' Choice 1-Creative Well-Being (HTB) 6:30- HPL Book Club (HPL)	13 10:30-Healthy Bones (HTB) 1-Just Games 1:30-Qigong (HTB) 1:30-Forest Tour (HPG)  <i>National Peanut Day</i>	14 9-Active Aging (HTB) 10-Active Aging (HTB) 12- Senior Picnic Rain date 1:30-Mahjong	15 CHAIR YOGA CANCELED! 2- Flu Clinic	16 
17  <i>IT'S NATIONAL APPLE DUMPLING DAY!</i>	18 10:30-Healthy Bones (HTB) 12- Newsletter Folding 1:30- Social Bridge	19 10- Cribbage & Coffee (MCL) 10- GrandPals Meeting (HTB) 1- Artists' Choice 1-Creative Well-Being (HTB)	20 10:30-Healthy Bones (HTB) 1-Just Games 1:30- Qigong (HTB) 2- Senior Advisory Board	21 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	22 10 -Mahjong in the Morning (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga <i>Elephant</i> 	23  <i>Autumn Begins</i> 
24	25 10:30-Healthy Bones (HTB) 1:30- Social Bridge 	26 1- Artists' Choice 1-Creative Well-Being (HTB)	27 10:30-Healthy Bones (HTB) 11- Mobility (JOPT) 1-Just Games 1:30-Qigong (HTB) 2- The Short of It (MCL)	28 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	29 10- Mercer County Nutrition Picnic (Hamilton) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	30