















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