
















# October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  <i>Homemade Cookie Day</i>	<b>2</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Group (MCL)	<b>3</b> 1- Artists' Choice 1-Creative Well-Being (HTB) 2- Stitch n' Knit (HPL) 6:30- HPL Book Club (HPL)	<b>4</b> 10:30-Healthy Bones (HTB) 1-Knitting/ Just Games 1:30-Qigong (HTB)	<b>5</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	<b>6</b> 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	<b>7</b>  <i>Chocolate Covered Pretzel Day</i>
<b>8</b>  <i>National Pierogi Day</i>	<b>9 CLOSED</b> 	<b>10</b> 1- Artists' Choice 1-Creative Well-Being (HTB)  <i>World Mental Health Day</i>	<b>11</b> 10:30-Healthy Bones (HTB) 1- Just Games 1:30-Qigong (HTB) <i>Pumpkin Carve</i>	<b>12</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong <i>Pumpkin Carve</i>	<b>13</b> 9- Birthday Breakfast (HVGC) 10 -Mahjong in the Morning (MCL) 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB) <i>Pumpkin Carve</i>	<b>14</b>  <i>National Dessert Day</i> <i>Pumpkin Carve</i>
<b>15</b>  <i>Pumpkin Carve</i>	<b>16</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Group (MCL)	<b>17</b> 10- Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB)	<b>18</b> 10:30-Healthy Bones (HTB) 1-Just Games 1:30-Qigong (HTB) 2- Senior Advisory Board	<b>19</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	<b>20</b> 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	<b>21</b>  <i>Haunted Hopewell</i>
<b>22</b> 	<b>23</b> 10:30-Healthy Bones (HTB) 12- Newsletter Folding 1:30- Social Bridge	<b>24</b> 1- Artists' Choice 1-Creative Well-Being (HTB)	<b>25</b> 10- Spooky Crafts (MCL) 10:30-Healthy Bones (HTB) 1-Just Games 1:30- Qigong (HTB)	<b>26</b> 9-Active Aging (HTB) 10-Active Aging (HTB)	<b>27</b> 10 -Mahjong in the Morning (MCL) 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	<b>28</b>  <i>First Responders Day</i>
<b>29</b>  <i>World Stroke Day</i>	<b>30</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge  <i>Candy Corn Day</i>	<b>31</b> 10- Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB) 		All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold.  For directions to any loca-	<b>Location Guide</b> 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