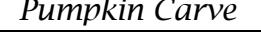
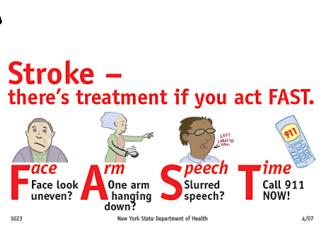


October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  <i>Homemade Cookie Day</i>	2 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Group (MCL)	3 1- Artists' Choice 1-Creative Well-Being (HTB) 2- Stitch n' Knit (HPL) 6:30- HPL Book Club (HPL)	4 10:30-Healthy Bones (HTB) 1-Knitting/ Just Games 1:30-Qigong (HTB)	5 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	6 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	7  <i>Chocolate Covered Pretzel Day</i>
8  <i>National Pierogi Day</i>	9 <i>CLOSED</i>  <i>HAPPY Columbus Day</i>	10 1- Artists' Choice 1-Creative Well-Being (HTB)  <i>World Mental Health Day</i>	11 10:30-Healthy Bones (HTB) 1- Just Games 1:30-Qigong (HTB) 	12 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong 	13 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) 	14  <i>National Dessert Day</i> 
15  <i>Pumpkin Carve</i>	16 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Group (MCL)	17 10- Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB)	18 10:30-Healthy Bones (HTB) 1-Just Games 1:30-Qigong (HTB) 2- Senior Advisory Board	19 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	20 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	21  <i>Haunted Hopewell</i>
22  <i>National Color Day October 22nd</i>	23 10:30-Healthy Bones (HTB) 12- Newsletter Folding 1:30- Social Bridge	24 1- Artists' Choice 1-Creative Well-Being (HTB)	25 10- Spooky Crafts (MCL) 10:30-Healthy Bones (HTB) 1-Just Games 1:30- Qigong (HTB)	26 9-Active Aging (HTB) 10-Active Aging (HTB)	27 10 -Mahjong in the Morning (MCL) 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	28  <i>First Responders Day</i>
29  <i>World Stroke Day</i>	30 10:30-Healthy Bones (HTB) 1:30- Social Bridge	31 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 location	Location Guide HTB-Hopewell Twp. Building HTPW-Hopewell Twp. Public Works MCL-MC Library, Hopewell Branch 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