



November 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>Location Guide</p> <p>HTB-Hopewell Twp. Building HPC- Hopewell Presbyterian Church HTPW-Hopewell Twp. Public Works HPG- Hopewell Park Gazebo HVCHS-Hopewell Valley High School MCL-MC Library, Hopewell Branch HPL- Hopewell Borough Library JOPT- Jag One Physical Therapy PB-Pennington Borough Hall</p>	<p>HTS- Hopewell Train Station</p>	<p>1 10:30-Healthy Bones (HTB) 1-Play Preview (HVCHS) 1-Knitting/ Just Games 1:30-Qigong (HTB)</p>	<p>2 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong</p>	<p>3 10- T'ai Chi (HTB) 10- Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB) <i>World Jellyfish Day</i></p>	<p>4  <i>Veterans Day Ceremony</i> <i>11:00am Woolsey Park</i></p>
<p>5  <i>National Nachos Day</i></p>	<p>6 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Group (MCL) <i>National Nachos Day</i></p>	<p>7  1- Artists' Choice 1-Creative Well-Being (HTB) 2-Stitch 'n' Knit (HPL) 6:30-HPL Book Club (HPL)</p>	<p>8 10:30-Healthy Bones (HTB) 1- Just Games 1:30-Qigong (HTB) 2-Caregiver Support (MCL) 7-Speaker Series (HPC)</p>	<p>9 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong</p>	<p>10 <i>CLOSED:</i>  <i>Thank You VETERANS</i></p>	<p>11 </p>
<p>12  <i>National French Dip Day</i></p>	<p>13 10:30-Healthy Bones (HTB) 1:30- Social Bridge  <i>Caregiver Appreciation Day</i></p>	<p>14 10- Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB)</p>	<p>15 10:30-Healthy Bones (HTB) 1-Just Games 1:30-Qigong (HTB) 2- Senior Advisory Board</p>	<p>16 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong <i>World Pancreatic Cancer Day</i></p>	<p>17 10- T'ai Chi (HTB) 10- Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB) <i>Festival of Trees & Peddlers Village Trip</i></p>	<p>18  <i>Mickey Mouse Birthday</i></p>
<p>19  <i>National Play Monopoly Day</i></p>	<p>20 10:30-Healthy Bones (HTB) 12- Newsletter Folding 1:30- Social Bridge</p>	<p>21 1- Artists' Choice 1-Creative Well-Being (HTB) <i>National Stuffing Day</i></p>	<p>22 10:30-Healthy Bones (HTB) 1-Just Games 1:30- Qigong (HTB)</p>	<p>23  <i>HAPPY THANKSGIVING</i></p>	<p>24  <i>Closed</i></p>	<p>25  <i>Small Business Saturday</i></p>
<p>26  <i>National Cake Day</i></p>	<p>27 10:30-Healthy Bones (HTB) 1:30- Social Bridge</p>	<p>28 10- Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB)</p>	<p>29 10:30-Healthy Bones (HTB) 11-Osteoporosis (Jag-One) 1- Just Games 1:30-Qigong (HTB) 2-The Short of It (MCL)</p>	<p>30 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong <i>Doo-Wop Christmas Trip</i></p>		