

March 2024

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>CH- Capital Health</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>HPC- Hopewell Presbyterian Church</p> <p>MCL-MC Library, Hopewell Branch</p> <p>JOPT- Jag One Physical Therapy</p> <p>PB-Pennington Borough Hall</p>			<p>1</p> <p>10- Mahjong (MCL)</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>2</p> <p><i>Banana Cream Pie Day</i></p>
<p>3</p>	<p>4</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p>2- Book Club (MCL)</p>	<p>5</p> <p>9:30- AARP Tax Aide</p> <p>10-Cribbage & Coffee (MCL)</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p>2-Stitch 'n' Knit (HPL)</p>	<p>6</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Just Games/ Knitting Club</p> <p>1:30-Qigong (HTB)</p> <p>6:30- Night Knitters</p>	<p>7</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p>	<p>8</p> <p>10- Mahjong (MCL)</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p><i>Ramadan Begins</i></p>	<p>12</p> <p>9:30- AARP Tax Aide</p> <p>10-Cribbage & Coffee (MCL)</p> <p>1- Artists' Choice</p> <p>1- Fun with Fabric (MCL)</p> <p>1-Creative Well-Being (HTB)</p>	<p>13</p> <p>10:30-Healthy Bones (HTB)</p> <p>1-Just Games</p> <p>1:30-Qigong</p>	<p>14</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p>	<p>15</p> <p>10- Mahjong (MCL)</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>16</p> <p><i>National Panda Day</i></p>
<p>17</p> <p><i>St. Patrick's Day</i></p>	<p>18</p> <p>10:30-Healthy Bones (HTB)</p> <p>12—Newsletter Folding</p> <p>1:30- Social Bridge</p>	<p>19</p> <p>9:30- AARP Tax Aide</p> <p>10- Cribbage & Coffee (MCL)</p> <p>1- Artists' Choice</p> <p>1- Creative Well-Being (HTB)</p>	<p>20</p> <p>10:30-Healthy Bones (HTB)</p> <p>1-Just Games</p> <p>1:30-Qigong (HTB)</p> <p>2-Senior Advisory Board</p> <p>6:30- Night Knitters</p>	<p>21</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p>	<p>22</p> <p>10- Mahjong (MCL)</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>23</p> <p><i>National Puppy Day</i></p>
<p>24</p> <p>31</p>	<p>25</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p>26</p> <p>9:30- AARP Tax Aide</p> <p>10-Cribbage & Coffee (MCL)</p> <p>12- Better Breathers (CH)</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>27</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Just Games</p> <p>1:30-Qigong (HTB)</p> <p>2-Seven Stages of Dementia (MCL)</p>	<p>28</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>1:30-Mahjong</p>	<p>29</p> <p>CLOSED</p> <p>GOOD FRIDAY</p>	<p>30</p> <p><i>Take a Walk in the Park Day</i></p>