


















# April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold.</b> <b>For directions to any loca-</b>	<b>1</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Club 	<b>2</b> 9:30- AARP Tax Aide 10-Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB) 2-Stitch 'n' Knit (HPL)	<b>3</b> 10:30-Healthy Bones (HTB) 1- Just Games/ Knitting Club 1:30-Qigong (HTB)	<b>4</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	<b>5</b> 10-Community Connections (HBH) 10- Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	<b>6</b>  <i>California Poppy Day</i>
<b>7</b>  <i>National Coffee Cake Day</i>	<b>8</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge  <i>Zoo Lover's Day</i>	<b>9</b> 9:30- AARP Tax Aide 10-Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB)	<b>10</b> 10:30-Healthy Bones (HTB) 1-Just Games 1:30-Qigong (HTB) 2-The Short of It (MCL)	<b>11</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	<b>12</b> 9-Birthday Breakfast (HVGC) 10-Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB) 	<b>13</b>  <i>Clean Sweep Clean-up Day</i> 9:00am—noon
<b>14</b>  <i>National Dolphin Day</i>	<b>15</b> 10:30-Healthy Bones (HTB) 12—Newsletter Folding 1:30- Social Bridge 	<b>16</b> 10-Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB) 6—Game Night (HPL)	<b>17</b> 10—Adult Craft (MCL) 10:30-Healthy Bones (HTB) 1-Just Games 1:30-Qigong (HTB) 2-Senior Advisory Board 6:30- Night Knitters (HPL)	<b>18</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	<b>19</b> 10-Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	<b>20</b>  VOLUNTEER RECOGNITION DAY
<b>21</b>  <i>National Tea Day</i>	<b>22</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge 	<b>23</b> 10- Cribbage & Coffee (MCL) 1- Artists' Choice 1- Creative Well-Being (HTB) 	<b>24</b> 10:30-Healthy Bones (HTB) 1- Just Games 1:30-Qigong (HTB)	<b>25</b> 9-Active Aging (HTB) 10-Active Aging (HTB) 11-Osteoporosis (JPT)	<b>26</b> 10- Mahjong (MCL) 1:30-Chair Yoga (HTB) 2-Film Screening (MCL) 2:30-Chair Yoga (HTB)	<b>27</b>  <i>National Herb Day</i> <i>Electronics/ Shredding Event</i>
<b>28</b>  <i>International Astronomy Day</i>	<b>29</b> 10:30-Healthy Bones (HTB) 1:30- Social Bridge	<b>30</b> 10-Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB)			<b>Location Guide</b> CH- Capital Health HTB-Hopewell Twp. Building HTPW-Hopewell Twp. Public Works HVCHS-Hopewell Valley High School HTH— Hopewell Borough Hall	HPL- Hopewell Borough Library HTS- Hopewell Train Station HPC- Hopewell Presbyterian Church JPT—Jag Physical Therapy MCL-MC Library, Hopewell Branch PB-Pennington Borough Hall