

May 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 HTS- Hopewell Train Station HPC- Hopewell Presbyterian Church HTPW-Hopewell Twp. Public Works HVCHS-Hopewell Valley High School HTH— Hopewell Borough Hall</p>	<p>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</p>	<p>1 10:30-Healthy Bones (HTB) 1- Just Games/ Knitting Club 1:30-Qigong (HTB) 2- Play Preview (HVCHS) 6:30- Night Knitters (HPL)</p>	<p>2 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong</p>	<p>3 10-Community Connec- tions (HBH) 10- Mahjong (MCL) 1:30-Chair Yoga (HTB)</p>	<p>4  KENTUCKY DERBY</p>
<p>5 </p>	<p>6 10:30-Healthy Bones (HTB) 1:30- Social Bridge 2- Book Club (MCL)</p>	<p>7 10-Cribbage & Coffee (MCL) 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-The Short of It (MCL)</p>	<p>9 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong</p>	<p>10 10-Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)</p>	<p>11  Hopewell Township Multi-Cultural Day</p>
<p>12 </p>	<p>13 10:30-Healthy Bones (HTB) 1:30- Social Bridge</p>	<p>14 10-Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB) 6—Game Night (HPL)</p>	<p>15 10:30-Healthy Bones (HTB) 1-Just Games 1:30-Qigong (HTB) 1:30 -Talk & Tour (HB) 2-Senior Advisory Board</p>	<p>16 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong</p>	<p>17 10-Mahjong (MCL) 10-Healthy Homes (HTB) 1:30-Chair Yoga (HTB)</p>	<p>18  10am—4pm</p>
<p>19 </p> <p>Devil's Food Cake Day</p>	<p>20 10:30-Healthy Bones (HTB) 12—Newsletter Folding 1:30- Social Bridge</p>	<p>21 10- Cribbage & Coffee (MCL) 1- Artists' Choice 1- Creative Well-Being (HTB)</p>	<p>22 10:30-Healthy Bones (HTB) 1- Just Games 1:30-Qigong (HTB)</p>	<p>23 9-Active Aging (HTB) 10-Active Aging (HTB) 11-Walking Benefits(JPT)</p>	<p>24 10- Mahjong (MCL) 1:30-Chair Yoga (HTB) 2-Film Screening (MCL) 2:30-Chair Yoga (HTB)</p>	<p>25  Hopewell Valley Veterans Memorial Ceremony</p>
<p>26 </p> <p>National Paper Airplane Day Hopewell Borough Parade</p>	<p>27  CLOSED MEMORIAL DAY Remember & Honor Pennington Borough Parade</p>	<p>28 10-Cribbage & Coffee (MCL) 12- Better Breathers (CH) 1- Artists' Choice 1-Creative Well-Being (HTB)</p>	<p>29 10:30-Healthy Bones (HTB) 1- Just Games 1:30-Qigong (HTB)</p>	<p>30 9-Active Aging (HTB) 10-Active Aging (HTB) 1- Senior Screenings (HTB) 1:30-Mahjong</p>	<p>31 10- Mahjong (MCL) 1:30-Chair Yoga (HTB) 2-Film Screening (MCL) 2:30-Chair Yoga (HTB)</p>	