




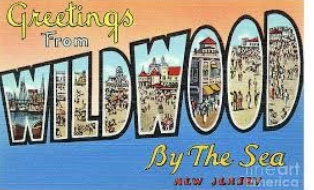










July 2024



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>1</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p> <p>2- Book Club (MCL)</p> <p><i>Postal Worker Day</i></p> 	<p>2</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p>2- Stitch 'n' Knit (HPL)</p> <p>6:30- HPL Book Club (HPL)</p>	<p>3</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Just Games/ Knitting Club</p> <p>1:30-Qigong (HTB)</p>	<p>4</p> <p>CLOSED</p>  <p>HAPPY 4th of JULY</p> <p>1:00—Titusville Parade</p>	<p>5</p> <p>10- Mahjong (MCL)</p> <p>1:30-Chair Yoga (HTB)</p>	<p>6</p>  <p><i>National Fried Chicken Day</i></p>
<p>7</p>  <p><i>national STRAWBERRY SUNDAE day</i></p>	<p>8</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p>9</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p><i>Cow Appreciation Day</i></p> 	<p>10</p> <p>10:30-Healthy Bones (HTB)</p> <p>1-Just Games</p> <p>1-Learning Canasta (MCL)</p> <p>1:30-Qigong (HTB)</p> <p>6:30-Night Knitters (HPL)</p> <p>6:30-Firehouse Feats</p> <p>7:30-Movies in the Park (WP)</p>	<p>11</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>10-Cribbage & Coffee (MCL)</p>	<p>12</p> <p>10-Mahjong (MCL)</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>13</p>  <p><i>Wildwood Trip</i></p>
<p>14</p>  <p><i>Mac & Cheese Day</i></p>	<p>15</p> <p>10—Canasta (MCL)</p> <p>10:30-Healthy Bones (HTB)</p> <p>12—Newsletter Folding</p> <p>1:30- Social Bridge</p>	<p>16</p> <p>10:30—Cooking with a Twist (MCL)</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p> <p>6—Game Night (HPL)</p>	<p>17</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>2-The Short of It (MCL)</p>	<p>18</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>10-Cribbage & Coffee (MCL)</p> <p>1:30-Mahjong</p> <p>7:30-Exploring the Night</p>	<p>19</p> <p>10-Mahjong (MCL)</p> <p>1:30-Chair Yoga (HTB)</p> <p>2:30-Chair Yoga (HTB)</p> <p><i>National Moon Day</i></p> 	<p>20</p>  <p><i>National Lollipop Day</i></p>
<p>21</p>  <p><i>National Ice Cream Day</i></p>	<p>22</p> <p>10—Canasta (MCL)</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p>23</p> <p>1- Artists' Choice</p> <p>1- Creative Well-Being (HTB)</p>	<p>24</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Just Games</p> <p>1:30-Qigong (HTB)</p> <p>5:30—Concerts in the Park (WP)</p> <p>6:30- Night Knitters (HPL)</p>	<p>25</p> <p>9-Active Aging (HTB)</p> <p>10-Active Aging (HTB)</p> <p>10-Cribbage & Coffee (MCL)</p>	<p>26</p> <p>10-Mahjong (MCL)</p> <p>1:30-Chair Yoga (HTB)</p> <p>2-Film Screening (MCL)</p> <p>2:30-Chair Yoga (HTB)</p>	<p>27</p> <p><i>National New Jersey Day</i></p> 
<p>28</p>  <p><i>National Milk Chocolate Day July 28th</i></p>	<p>29</p> <p>10—Canasta (MCL)</p> <p>10:30-Healthy Bones (HTB)</p> <p>1:30- Social Bridge</p>	<p>30</p> <p>10-Cribbage & Coffee (MCL)</p> <p>1- Artists' Choice</p> <p>1-Creative Well-Being (HTB)</p>	<p>31</p> <p>10:30-Healthy Bones (HTB)</p> <p>1- Just Games</p> <p>1:30-Qigong (HTB)</p>	<p><u>Location Guide</u></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>HTH— Hopewell Borough Hall</p>	<p>HPL- Hopewell Borough Library</p> <p>HPC- Hopewell Presbyterian Church</p> <p>JPT—Jag Physical Therapy</p> <p>MCL-MC Library, Hopewell Branch</p> <p>PB-Pennington Borough Hall</p> <p>PPC-Pennington Presbyterian Church</p>	