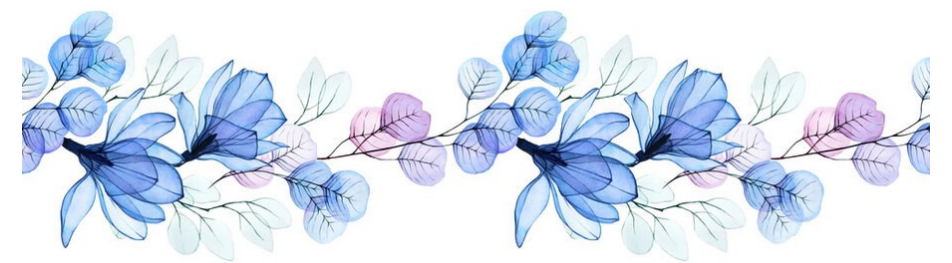


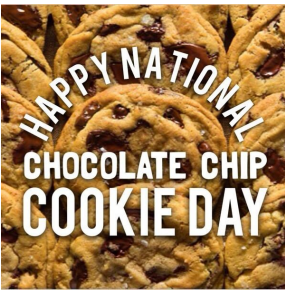











August 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold. For directions to any loca-	Location Guide 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 HPC- Hopewell Presbyterian Church JPT—Jag Physical Therapy MCL-MC Library, Hopewell Branch PB-Pennington Borough Hall PPC-Pennington Presbyterian Church		1 9-Active Aging (HTB) 10-Active Aging (HTB) 10-Cribbage & Coffee (MCL) <i>Int'l Mahjong Day</i>	2 10- Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	3  SandCastle Day
4 	5 10—Canasta (MCL) 10:30-Healthy Bones (HTB) 1:30- Social Bridge	6 1- Artists' Choice 1-Creative Well-Being (HTB) 2- Stitch 'n' Knit (HPL)	7 10:30-Healthy Bones (HTB) 1-Just Games 2-The Short of It (MCL) 6:30-Night Knitters (HPL) <i>Always Patsy Cline</i>	8 9-Active Aging (HTB) 10-Active Aging (HTB) 1:30-Mahjong	9 10-Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	10 
11 <i>Summer Olympics Closing</i> 	12 10:30-Healthy Bones (HTB) 1:30- Social Bridge	13 10:30—Cooking with a Twist (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB)	14 10:30-Healthy Bones (HTB) 1-Just Games 1:30-Qigong (HTB) 7:30-Movies in the Park (WP)	15 9-Active Aging (HTB) 10-Active Aging (HTB) 10-Cribbage & Coffee (MCL) 1:30-Mahjong	16 10-Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	17 
18  <i>National Fajita Day</i>	19 10—Canasta (MCL) 10:30-Healthy Bones (HTB) 12—Newsletter Folding 1:30- Social Bridge	20 10:30—Cooking with a Twist (MCL) 1- Artists' Choice 1- Creative Well-Being <i>National Potato Day</i> 	21 10:30-Healthy Bones (HTB) 1- Just Games 1:30-Qigong (HTB) 5:30—Concerts in the Park (WP)	22 9-Active Aging (HTB) 10-Active Aging (HTB) 10-Cribbage & Coffee (MCL) 1:30-Mahjong	23 10-Mahjong (MCL) 1-Ice Cream Social (HTB) 1:30-Chair Yoga (HTB) 2-Film Screening (MCL) 2:30-Chair Yoga (HTB)	24 
25  <i>National Banana Spilt Day</i>	26 10—Canasta (MCL) 10:30-Healthy Bones (HTB) 1:30- Social Bridge <i>Last Day to register for the SENIOR PICNIC!</i>	27 10-Cribbage & Coffee (MCL) 1- Artists' Choice 1-Creative Well-Being (HTB)	29 10:30-Healthy Bones (HTB) 1- Just Games 1:30-Qigong (HTB)	29 9-Active Aging (HTB) 10-Active Aging (HTB) 10-Cribbage & Coffee (MCL) 1:30-Mahjong	30 10-Mahjong (MCL) 1:30-Chair Yoga (HTB) 2:30-Chair Yoga (HTB)	31 