



September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  American Chess Day	2 CLOSED 	3 1—Artists' Choice 1—Creative Well-Being (HTB) 2—Stitch 'n' Knit (HPL)	4 10:30—Healthy Bones (HTB) 1—Just Games/Knitting Club 1:30—Qigong (HTB) 6:30—Night Knitters (HPL)	5 Jersey Boys Rec Trip 9—Active Aging (HTB) 10—Active Aging (HTB) 10—Cribbage & Coffee (MCL) 1:30—Mahjong	6 10—Mahjong (MCL) 10—Flu Clinic (HTB) 1:30—Chair Yoga (HTB) 2:30—Chair Yoga (HTB)	7  Hummingbird Day
8 	9 10—Canasta 10:30—Healthy Bones (HTB) 1:30—Social Bridge 2—Book Club (MCL)	10 10:30—Cooking with a Twist (MCL) 1—Artists' Choice 1—Creative Well-Being (HTB)	11 10:30—Healthy Bones (HTB) 1—Just Games 1:30—Qigong (HTB)	12 SENIOR PICNIC 9—Active Aging (HTB) 10—Active Aging (HTB) 10—Cribbage & Coffee (MCL) 12—SENIOR PICNIC (WXSP)	13 10—Mahjong (MCL) 1:30—Chair Yoga (HTB) 2—Flu Clinic 2:30—Chair Yoga (HTB)	14  Cream Filled Donut Day
15  Double Cheeseburger Day	16 10—Canasta 10:30—Healthy Bones (HTB) 1:30—Social Bridge	17 1—Artists' Choice 1—Creative Well-Being (HTB)	18 10:30—Healthy Bones (HTB) 1—Just Games 1:30—Qigong (HTB) 2—Senior Advisory Board 6:30—Night Knitters (HPL)	19 SENIOR PICNIC RAINDATE 9—Active Aging (HTB) 10—Active Aging (HTB) 10—Cribbage & Coffee (MCL) 1:30—Mahjong	20 MC NUTRITION PICNIC 10—Mahjong (MCL) 1:30—Chair Yoga (HTB) 2:30—Chair Yoga (HTB)	21  Miniature Golf Day
22  Autumn Begins Talk and Tour: Bonsai (PB)	23 10—Canasta 10:30—Healthy Bones (HTB) 12—Newsletter Preparation 1:30—Social Bridge	24 1—Artists' Choice 1—Creative Well-Being (HTB)	25 10:30—Healthy Bones (HTB) 1—Just Games 1:30—Qigong (HTB) 2—The Short of It (MCL)	26 9—Active Aging (HTB) 10—Active Aging (HTB) 10—Cribbage & Coffee (MCL) 1:30—Mahjong	27 10—Mahjong (MCL) 12:30—Gravity Hill Farm Tour 1:30—Chair Yoga (HTB) 2—Film Screening (MCL) 2:30—Chair Yoga (HTB)	28  Shredding/Recycling Event 9am—1pm (HTPW)
29  National Coffee Day	30 10—Canasta 10:30—Healthy Bones (HTB) 1:30—Social Bridge			All programs are at the Hopewell Valley Senior Center, 395 Reading St., Pennington unless marked in bold. For directions to any loca-	<u>Location Guide</u> 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