



# October 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— Long Term Care Panel (HTB)</p> <p>1—Artists' Choice</p> <p>1—Creative Well-Being (HTB)</p> <p>2—Stitch 'n' Knit (HPL)</p>	<p>2</p> <p>10:30—Healthy Bones (HTB)</p> <p>1—Just Games/Knitting Club</p> <p>1:30—Qigong (HTB)</p>	<p>3</p> <p>9—Active Aging (HTB)</p> <p>10—Active Aging (HTB)</p> <p>10—Cribbage &amp; Coffee (MCL)</p> <p>1:30—Mahjong</p>	<p>4</p> <p>10—Senior Protection (HTB)</p> <p>10—Mahjong (MCL)</p> <p>1:30—Chair Yoga (HTB)</p> <p>2:30—Chair Yoga (HTB)</p>	<p>5</p> <p>Movie in the Park:</p>
<p>6</p> <p>National Noodle Day</p>	<p>7</p> <p>10—Canasta</p> <p>10:30—Healthy Bones (HTB)</p> <p>1:30—Social Bridge</p>	<p>8</p> <p>10—Benefits of Walking (WXSP)</p> <p>1—Artists' Choice</p> <p>1—Creative Well-Being (HTB)</p>	<p>9</p> <p>Amazing Pumpkin Carve</p> <p>10:30—Healthy Bones (HTB)</p> <p>1—Just Games</p> <p>1:30—Qigong (HTB)</p> <p>The Outsiders Trip</p>	<p>10</p> <p>Amazing Pumpkin Carve</p> <p>9—Active Aging (HTB)</p> <p>10—Active Aging (HTB)</p> <p>10—Cribbage &amp; Coffee (MCL)</p> <p>1:30—Mahjong</p> <p>3—Art Show (MCL)</p>	<p>11</p> <p>Amazing Pumpkin Carve</p> <p>9—Birthday Breakfast (HVGC)</p> <p>10—Mahjong (MCL)</p> <p>1:30—Chair Yoga (HTB)</p> <p>2:30—Chair Yoga (HTB)</p>	<p>12</p> <p>Amazing Pumpkin Carve</p>
<p>13</p> <p>Hopewell Borough Porch Fest</p> <p>Amazing Pumpkin Carve</p>	<p>14</p> <p>CLOSED</p>	<p>15</p> <p>10:30—Cooking with a Twist (MCL)</p> <p>1—Artists' Choice</p> <p>1—Creative Well-Being (HTB)</p>	<p>16</p> <p>10:30—Healthy Bones (HTB)</p> <p>1—Just Games/Social Bridge</p> <p>1:30—Qigong (HTB)</p> <p>2—Senior Advisory Board</p>	<p>17</p> <p>9—Active Aging (HTB)</p> <p>10—Active Aging (HTB)</p> <p>10—Cribbage &amp; Coffee (MCL)</p> <p>1:30—Mahjong</p>	<p>18</p> <p>10—Mahjong (MCL)</p> <p>1:30—Chair Yoga (HTB)</p> <p>2:30—Chair Yoga (HTB)</p>	<p>19</p> <p>Haunted Hopewell</p> <p>@ Woolsey Park</p>
<p>20</p> <p>Chicken &amp; Waffles Day</p>	<p>21</p> <p>10—Canasta</p> <p>10:30—Healthy Bones (HTB)</p> <p>12—Newsletter Preparation</p> <p>1:30—Social Bridge</p>	<p>22</p> <p>1—Artists' Choice</p> <p>1—Creative Well-Being (HTB)</p> <p>National Nut Day</p>	<p>23</p> <p>10:30—Healthy Bones (HTB)</p> <p>1—Just Games</p> <p>1:30—Qigong (HTB)</p>	<p>24</p> <p>9—Active Aging (HTB)</p> <p>10—Active Aging (HTB)</p> <p>10—Cribbage &amp; Coffee (MCL)</p> <p>1:30—Mahjong</p> <p>Catacombs Trip</p>	<p>25</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>26</p> <p>National Pumpkin Day</p>
<p>27</p> <p>National Black Cat Day</p>	<p>28</p> <p>First Responders Day</p> <p>10—Canasta</p> <p>10:30—Healthy Bones (HTB)</p> <p>1:30—Social Bridge</p>	<p>29</p> <p>1—Artists' Choice</p> <p>1—Creative Well-Being (HTB)</p>	<p>30</p> <p>10:30—Healthy Bones (HTB)</p> <p>1—Just Games</p> <p>1:30—Qigong (HTB)</p>	<p>31</p> <p>Happy Halloween!</p> <p>9—Active Aging (HTB)</p> <p>10—Active Aging (HTB)</p> <p>10—Cribbage &amp; Coffee (MCL)</p> <p>1:30—Mahjong</p>	<p><b>Location Guide</b></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>	