




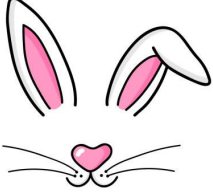







April 2022



| 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>BSL-Brandywine Senior Living CHH-Capital Health-Hopewell HTB-Hopewell Town. Building HTPW-Hopewell Twp. Public Works HVCHS-Hopewell Valley High School</p> | <p>HVY-Hopewell Valley YMCA MCL-MC Library, Hopewell Branch MLG-Medina Law Group PB-Pennington Borough PPC-Pennington Presbyterian Church SJC- St. James Church</p> | | | <p>1 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB)</p> <p></p> | <p>2 </p> |
| 3 | <p>4 10- Blood Pressure (HTB) 10:30-Healthy Bones (HTB) 2- Social Bridge 2- Senior Book Group</p> | <p>5 10- Blood Pressure 1-Artists' Choice <i>National Dandelion Day</i></p> | <p>6 10:30-Healthy Bones (HTB) 2- River Drive Senior Walk <i>National Walking Day</i></p> | <p>7 10-Active Aging (HTB) 1:30-Mahjonn <i>Return of Sherlock Holmes</i></p> | <p>8 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) *New Session*</p> | <p>9 <i>FoHVOS Cleanup Day</i></p> |
| <p>10 </p> | <p>11 10:30-Healthy Bones (HTB) 1- Gentle Yoga (HTB) 2- Social Bridge</p> | <p>12 1- Artists' Choice</p> | <p>13 10:30-Healthy Bones (HTB) 2- Floral Arrangements 2- The Short of It (MCL)</p> | <p>14 10-Active Aging (HTB) *New Session* 1:30-Mahjonn</p> | <p>15 <i>Closed:</i>  <i>Good Friday</i></p> | <p>16 </p> |
| <p>17  HAPPY EASTER</p> | <p>18 10:30-Healthy Bones (HTB) 12-Newsletter Folding 1-Gentle Yoga (HTB) 2- Social Bridge</p> <p></p> | <p>19 1- Artists' Choice <i>David</i></p> | <p>20 10- Blood Pressure (HTB) 10:30-Healthy Bones (HTB) 2- Senior Advisory Board <i>Volunteer Recognition Day</i></p> | <p>21 9:30- Blood Pressure (HTB) 10-Active Aging (HTB)</p> | <p>22 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB)</p> <p></p> | <p>23 <i>Hopewell Twp Electronics and Shredding Event 9-1</i></p> |
| 24 | <p>25 10:30-Healthy Bones (HTB) 1-Gentle Yoga (HTB) 2- Social Bridge</p> | <p>26 1- Artists' Choice <i>National Pretzel Day</i> </p> | <p>27 10:30-Healthy Bones (HTB)</p> | <p>28 10-Active Aging (HTB) 1:30-Mahjonn</p> | <p>29 10- T'ai Chi (HTB) 1:30-Chair Yoga (HTB) <i>Arbor Day</i></p> | <p>30 <i>Arbor Day & Salem Oak Celebration</i> <i>Woolsey Park 10:00am</i></p> |