

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 537-0236.</p>		1 10- Blood Pressure Screening 11:30-Lunch:	2 10:30- Bingo 10:45-Healthy Bones (HTB) 11:30-Lunch:	3 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1:30-Mahjongg	4 11:30-Lunch:	5	
	6	7 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30-Monday Movie: Live By Night (MCL)	8 11:30-Lunch:	9 10-Food Safety 10:45-Healthy Bones (HTB) 11:30-Lunch:	10 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1:30-Mahjongg	11 11:30-Lunch:	12
	13	14 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 2-Book Club (MCL) 2-Social Bridge	15 10-Blood Pressure Screening (HTB) 11:30-Lunch: 3-Aging-In-Place Group	16 10-High Five Technology 10:45-Healthy Bones (HTB) 11:30-Lunch: 2- Senior Advisory Board	17 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1:30-Mahjongg	18 11:30-Lunch:	19
	20	21 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1- NEWSLETTER FOLDING 2-Social Bridge	22 11:30-Lunch:	23 10-Travel Instruction 101 10:45-Healthy Bones (HTB) 11:30-Lunch: 6-Memory Loss, Dementia and Alzheimer's: The Basics	24 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1:30-Mahjongg	25 11:30-Lunch:	26
	27	28 10:30-Healthy Bones (SMC) 11:30-Lunch: Monday Movie: Rogue One: A Star Wars Story (MCL) 2-Social Bridge	29 11:30-Lunch:	30 11:30-Lunch: 1:30 & 6:30-End of Month Movie: Split (MCL)	31 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1:30-Mahjongg	<p>Location Guide</p> <p>CHS-Central High School, Performing Arts Center CHH-Capital Health-Hopewell HTB-Hopewell Town. Building HBH-Hopewell Borough Hall</p>	<p>LA-Lawrenceville Annex MCL-MC Library, Hopewell Branch PPL-Pennington Public Library SAC-St. Alphonsus Church SMC-St. Matthews Church WP-Woolsey Park</p>