

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 3-Days of Yesteryear in Titusville & Washington Crossing (TPC)	2 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 2-Social Bridge 2-Book Club (MCL)	3 10-Blood Pressure Screening 11-Leisure Club (SAC) 11:30-Lunch: 1- Artists' Choice 1-Men's Billiard's Club (HVY)	4 10:30- Bingo 10:30- T'ai Chi (SJC) 10:45-Healthy Bones (HTB) 11:30-Lunch:	5 10-Active Aging Exercise (HTB) 11:30-Lunch: 1:30-Mahjongg	6 11:30-Lunch: 12:30-Brown Bag Lunch (PPC) 1:30-Stained Glass/Princeton Abbey Tour (PA)	7
8	9 CLOSED: Columbus Day	10 11:30-Lunch: 1-Men's Billiard's Club (HVY) 1- Artists' Choice	11 10:30- T'ai Chi (SJC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30-Walking Group (HB/HL)	12 10-Active Aging Exercise (HTB) 11:30-Lunch: 11-Transportation Bus Trip 1:30-Mahjongg 6:30-Caregiver Night: Caregiver Basics (HTB)	13 9-Birthday Breakfast (HVGC) 11:30-Lunch:	14 10-Fire Safety Open House (WP)
15	16 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11-Mondays with Mia (HTB) 11:30-Lunch: 1- NEWSLETTER FOLDING	17 10-Blood Pressure Screening (HTB) 11:30-Lunch: 1-Men's Billiard's Club (HVY) 1- Artists' Choice 3-Aging-In-Place Meeting	18 10- Stroke 10:30- T'ai Chi (SJC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 12-Senior Luncheon (HVCHS)	19 10-Active Aging Exercise (HTB) 11:30-Lunch: 1:30-Mahjongg	20 11:30-Lunch:	21
22	23 10:30-Healthy Bones (SMC) 11:30-Lunch: 2-Social Bridge	24 11:30-Lunch: 1-Men's Billiard's Club (HVY) 1- Artists' Choice	25 10- Blackwell Funeral Home 10:30- T'ai Chi (SJC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30 & 6:15-End of Month	26 10-Active Aging Exercise (HTB) 11:30-Lunch: 1:30-Mahjongg	27 11:30-Lunch:	28
29	30 10:30-Healthy Bones (SMC) 11:30-Lunch: 2-Social Bridge	31 11:30-Lunch: 1-Men's Billiard's Club (HVY) 1- Artists' Choice	Location Guide HTB-Hopewell Town. Building HTPW-Hopewell Twp. Public Works HVGC- Hopewell Valley Golf Club HVCHS-HV Central High School HVY-HV YMCA	HB/HL-Hopewell Borough/Hart's Lane MCL-MC Library, Hopewell Branch PA- Princeton Abbey PPC- Pennington Presbyterian Church PPL-Pennington Public Library SAC-St. Alphonsus Church		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.