

October 2018

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 737</p>	<p>1 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Vegetable Omelet 1:30-Social Bridge</p>	<p>2 10-Blood Pressure 10-T'ai Chi (SJC) 11:30-Lunch: Meatballs 1-Artists' Choice</p>	<p>3 10:30-Bingo 10:45-Healthy Bones (HTB) 11:30-Lunch: Pot Roast</p>	<p>4 10-Active Aging (HTB) 11:30-Lunch: Chicken Marsala 1- Men's Billiards Club (HVY)</p>	<p>5 9- AARP Safe Driver (HTB) 11:30-Lunch: Tuna Salad 1:30-First Friday Films- Victoria & Abdul (MCL)</p>	6	
	7	<p>8 CLOSED: Columbus Day</p>	<p>9 10-T'ai Chi (SJC) 11:30-Lunch: Beef Chili 1-Artists' Choice</p>	<p>10 10:45-Healthy Bones (HTB) 11:30-Lunch: Sweet & Sour Chicken 2-The Short of It (MCL)</p>	<p>11 10-Active Aging (HTB) 11:30-Lunch: Cheese Lasagna 1- Men's Billiards Club (HVY) 1:30-Mahjongg</p>	<p>12 9-Birthday Breakfast (HVGC) 11:30-Lunch: Salad w/ Turkey, Cheese,</p>	13
	14	<p>15 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Pizza 12:30-Newsletter Folding 1:30-Social Bridge</p>	<p>16 10-Blood Pressure (HTB) 10-T'ai Chi (SJC) 11:30-Lunch: Chicken Tetrizzini 1-Artists' Choice 3-Aging-In-Place Group</p>	<p>17 10:45-Healthy Bones (HTB) 11:30-Lunch: Beef Tacos 2-Senior Advisory Board</p>	<p>18 10-Active Aging (HTB) 11:30-Lunch: Roasted Turkey 1- Men's Billiards Club (HVY) 1:30-Mahjongg</p>	<p>19 11:30- Lunch: Crab Cakes 1-Jewelry/Bead Making</p>	20
	21	<p>22 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Sausage 1:30-Social Bridge</p>	<p>23 10-T'ai Chi (SJC) 11:30-Lunch: Hot Dogs 1-Artists' Choice</p>	<p>24 10:45-Healthy Bones (HTB) 11:30-Lunch: Pork Loin 1:30 & 6:15: Movies for Adults: The Amityville Horror (MCL)</p>	<p>25 10-Active Aging (HTB) 11:30-Lunch: Ham w/ Pineapple Salsa 1- Men's Billiards Club (HVY)</p>	<p>26 11:30-Lunch: Baked Fish</p>	27
	28	<p>29 10-Coffee Connections (HBH) 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Turkey Wheat Wrap 1:30-Social Bridge</p>	<p>30 10-T'ai Chi (SJC) 11:30-Lunch: Cold Box Lunch 1-Artists' Choice</p>	<p>31 10:45-Healthy Bones (HTB) 11:30-Lunch: Beef Stew 12:15- Senior Luncheon (CHS) 6:30: Halloween Movie: The Birds (MCL)</p>	<p>Location Guide BSL-Brandywine Senior Living CHH-Capital Health-Hopewell HTB-Hopewell Town. Building HTPW-Hopewell Twp. Public Works HVCHS-Hopewell Valley Central High School</p>		<p>HVY-Hopewell Valley YMCA MCL-MC Library, Hopewell Branch PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church</p>