

February 2019

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 11:30-Lunch: Sweet Italian Sausage 12:30-Brown Bag Lunch (PPC) 1:30-First Friday Film: Game</p>
3	<p>4 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Hoagie 1:30-Social Bridge</p>	<p>5 10-Blood Pressure 11:30-Lunch: BBQ Chicken Leg Quarter 1-Artists' Choice</p>	<p>6 10:30-Bingo 10:45-Healthy Bones (HTB) 11:30-Lunch: 2 Hot Dogs</p>	<p>7 11:30-Lunch: Beef & Broccoli 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>8 11:30-Lunch: Pizza 1-Knitting Club</p>	9
10	<p>11 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Stuffed Chicken 1:30-Social Bridge 2-Senior Book Group (MCL)</p>	<p>12 CLOSED: Lincoln's Birthday</p>	<p>13 10:45-Healthy Bones (HTB) 11:30-Lunch: Stuffed Cabbage 1-Bead & Jewelry Group</p>	<p>14 10-Active Aging (HTB) 11:30-Lunch: Eggplant Rollatini 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>15 11:30-Lunch: Crab Cakes</p>	16
17	<p>18 CLOSED: President's Day</p>	<p>19 10-Blood Pressure (HTB) 11:30-Lunch: Low Salt Ham 12:30-Newsletter Folding 1-Artists' Choice</p>	<p>20 10-Heart Health 10:45-Healthy Bones (HTB) 11:30-Lunch: Chicken Patty 2- Senior Advisory Board</p>	<p>21 10-Active Aging (HTB) 11:30-Lunch: Kielbasa 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>22 11:30- Lunch: Tuna Salad 2-Recyclable Arts & Crafts (MCL)</p>	23
24	<p>25 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Pot Roast 1:30-Social Bridge</p>	<p>26 11:30-Lunch: Chicken Pot Pie 1-Artists' Choice 6-Listen to Your Heart: AFib (CHH)</p>	<p>27 10-Community Health Listening/ Discussion Group 10:45-Healthy Bones (HTB) 11:30-Lunch: Soup & Sandwich 12:15- Senior Luncheon (CHS) 1:30 & 6:30 Movies for Adults:</p>	<p>28 10-Active Aging (HTB) 11:30-Lunch: Stuffed Shells 1- Billiards Club (HVY) 1:30-Mahjongg</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 PB-Pennington Borough PPC-Pennington Presbyterian Church SMC-St. Matthews Church SJC- St. James Church</p>