

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 732-961-1111	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	HVY-Hopewell Valley YMCA MCL-MC Library, Hopewell Branch PB-Pennington Borough PPC-Pennington Presbyterian Church SJC- St. James Church			1 11:30-Lunch: Cheesy Chicken Enchilada 12:30-Brown Bag Lunch (PPC) 1:30-First Friday Film:	2
3	4 10:45-Healthy Bones (HTB) 11:30-Lunch: Broccoli & Cheese Stuffed Chicken 1:30-Social Bridge	5 10-Blood Pressure 11:30-Lunch: Beef Stew 1-Artists' Choice	6 10:30-Bingo 10:45-Healthy Bones (HTB) 11-Colorectal Cancer Awareness Day (CHH) 11:30-Lunch: Chicken &	7 10-Active Aging (HTB) 11:30-Lunch: Italian Sausage 1- Billiards Club (HVY) 1:30-Mahjongg	8 11:30-Lunch: Baked Fish 1-Knitting Club	9
10	11 10:45-Healthy Bones (HTB) 11:30-Lunch: Beef Burger 1:30-Social Bridge 2-Senior Book Group (MCL)	12 11:30-Lunch: Roasted Turkey w/ Gravy 1-Artists' Choice	13 10:45-Healthy Bones (HTB) 11:30-Lunch: Meatballs 1-Bead & Jewelry Group 2-The Short of It (MCL) 6:30-Warning Signs of	14 10-Active Aging (HTB) 11:30-Lunch: Tuna Salad 1- Billiards Club (HVY) 1:30-Mahjongg	15 8:30- 55+ Breakfast Series (CHH) 11:30-Lunch: Corned Beef & Cabbage	16
17	18 10:45-Healthy Bones (HTB) 11:30-Lunch:Western Omelet 12:30- Newsletter Folding 1:30-Social Bridge	19 10-Blood Pressure (HTB) 11:30-Lunch: Meatloaf 1-Artists' Choice	20 10-Vaccines for Older Adults 10:45-Healthy Bones (HTB) 11:30-Lunch: Turkey & Provolone Sandwich	21 10-Active Aging (HTB) 11:30-Lunch: Beef Chili 1- Billiards Club (HVY) 1:30-Mahjongg	22 11:30- Lunch: Crab Cakes	23
24/31	25 10:45-Healthy Bones (HTB) 11:30-Lunch: Chicken Pot Pie 1:30-Social Bridge	26 11:30-Lunch: Beef & Broccoli 1-Artists' Choice	27 10-Swift Reach 10:45-Healthy Bones (HTB) 11-True Grit Big Read (MCL) 11:30-Lunch: Soup & Sandwich 1:30 & 6:30 Movies for Adults: Won't You Be My Neighbor (MCL)	28 10-Active Aging (HTB) 11:30-Lunch: Breaded Pork Chop 1- Billiards Club (HVY) 1:30-Mahjongg	29 11:30- Lunch: Chicken Parm	30