


July 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 537</p>	<p>1 10:30-Healthy Bones (HTB) 11:30-Lunch: Stuffed Cabbage 1:30-Social Bridge</p>	<p>2 11:30-Lunch: Chicken Tetrizzini</p>	<p>3 10—Blood Pressure 10:30-Bingo 10:30-Healthy Bones (HTB) 11:30-Lunch: (2) Hot Dogs</p>	<p>4 CLOSED: Fourth of July</p> 	<p>5 11:30– Lunch: Fried Chicken 1:30-First Friday Film: Same Kind of Different as Me (MCL)</p>	<p>6</p>	
	<p>7</p>	<p>8 10:30-Healthy Bones (HTB) 11:30-Lunch: Meatballs 1:30-Social Bridge 2-Senior Book Group (MCL)</p>	<p>9 11:30-Lunch: Tuna Salad</p>	<p>10 10:30-Healthy Bones (HTB) 11:30-Lunch: Pork Loin with Apple Gravy 1-Let's Chat Social Group</p>	<p>11 10-Active Aging (HTB) 11-Lunch & Learn: Avoiding Scams (BSL) 11:30-Lunch: Stuffed Chicken 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>12 11:30-Lunch: Crab Cake 1-Knitting Club</p>	<p>13</p>
	<p>14</p>	<p>15 10:30-Healthy Bones (HTB) 11:30-Lunch: Roasted Turkey 12:30– Newsletter Folding 1:30- Social Bridge</p>	<p>16 11:30-Lunch: Chicken Parm 6:30-Space Race (MCL)</p>	<p>17 10-Life St. Francis 10-Blood Pressure (HTB) 10:30-Healthy Bones (HTB) 11:30-Lunch: Chicken Salad 2– Senior Advisory Board</p>	<p>18 11:30-Lunch: Low Salt Ham 1– Billiards Club (HVY) 1:30-Mahjongg</p>	<p>19 11:30-Lunch: Salad with Chopped Turkey & Provolone Cheese</p>	<p>20</p>
	<p>21</p>	<p>22 10:30-Healthy Bones (HTB) 11:30-Lunch: Breaded Chicken 1:30-Social Bridge</p>	<p>23 11:30-Lunch: Salisbury Steak</p>	<p>24 10-Take it Easy 10:30-Healthy Bones (HTB) 11:30-Lunch: Italian Sausage</p>	<p>25 10-Active Aging (HTB) 11:30-Lunch: Chicken Pot Pie 1– Billiards Club (HVY) 1:30-Mahjongg</p>	<p>26 11:30– Lunch: Egg Salad 2- Recyclable Art (MCL)</p>	<p>27</p>
	<p>28</p>	<p>29 10-Coffe Connections (HBH) 10:30-Healthy Bones (HTB) 11:30-Lunch: Beef & Broccoli</p>	<p>30 11:30-Lunch: Baked Ziti</p>	<p>31 10:30-Healthy Bones (HTB) 11:30-Lunch: Italian Sub 1:30 & 6:30 Movies for Adults: Infinity War (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 MLG-Medina Law Group PB-Pennington Borough PPC-Pennington Presbyterian Church SJC– St. James Church</p>