

August 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 53</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> | | <p>1 10-Active Aging (HTB) 11:30-Lunch: BBQ Riblet 1- Billiards Club (HVY) 1:30-Mahjongg</p> | <p>2 11:30- Lunch: Chicken Breast w/ Mango Salsa 1:30-First Friday Film: Roman J. Isreal, Esq. (MCL)</p> | <p>3 10-Butterfly Festival (WI)</p> | |
| | <p>4</p> | <p>5 10:30-Healthy Bones (HTB) 11:30-Lunch: Burger 1:30-IMAX: Hubble (MCL) 2-Social Bridge</p> | <p>6 11:30-Lunch: Tuna Salad on a Lettuce Leaf</p> | <p>7 10:30-Bingo 10:30-Healthy Bones (HTB) 11:30-Lunch: Beef Tips w/ Brown Gravy</p> | <p>8 11:30-Lunch: Chicken Cordon Bleu 1- Billiards Club (HVY) 1:30-Mahjongg</p> | <p>9 11:30-Lunch: Stuffed Peppers 1-Knitting Club</p> | <p>10</p> |
| | <p>11</p> | <p>12 10:30-Healthy Bones (HTB) 11:30-Lunch: Swedish Meatballs 2- Social Bridge</p> | <p>13 11:30-Lunch: Ruben Sandwich</p> | <p>14 10-Interfaith Caregivers 10:30-Healthy Bones (HTB) 11:30-Lunch: Chicken A La King 1-Let's Chat Social Group</p> | <p>15 10-Active Aging (HTB) 11:30-Lunch: Meatloaf 1- Billiards Club (HVY) 1:30-Mahjongg</p> | <p>16 11:30-Lunch: Crab Cake</p> | <p>17</p> |
| | <p>18</p> | <p>19 10:30-Healthy Bones (HTB) 11:30-Lunch: Chicken Tetrazzini 12:30- Newsletter Folding</p> | <p>20 11:30-Lunch: Chicken and Penne in Alfredo Sauce</p> | <p>21 10- How do You Communicate? 10:30-Healthy Bones (HTB) 11:30-Lunch: Kielbasa 2- Senior Advisory Board</p> | <p>22 10-Active Aging (HTB) 11:30-Lunch: Chicken Marsala 1- Billiards Club (HVY) 1:30-Mahjongg</p> | <p>23 11:30- Lunch: Wheat Wrap w/ Turkey and Provolone Cheese 2-Recyclable Arts & Crafts (MCL)</p> | <p>24</p> |
| | <p>25</p> | <p>26 10:30-Healthy Bones (HTB) 11:30-Lunch: Western Omelet 2-Social Bridge</p> | <p>27 11:30-Lunch: Cold Box Lunch</p> | <p>28 10:30-Healthy Bones (HTB) 11:30-Lunch: Low Salt Ham 1:30 & 6:30 Movies for Adults: Life of the Party (MCL)</p> | <p>29 10-Active Aging (HTB) Fall Session Begins 11:30-Lunch: Sliced Pork 1- Billiards Club (HVY)</p> | <p>30 11:30- Lunch: Cheesy Chicken Enchilada</p> | <p>31</p> |