

# December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 668.</b></p>	<p><b>Location Guide</b>            CHS-PAC: Central High School, Performing Arts Center            CHH-Capital Health-Hopewell            HG-Hopewell Gardens            HTB-Hopewell Town. Building            HBH-Hopewell Borough Hall</p>	<p>MCL-MC Library, Hopewell Branch            PPC-PENNINGTON Presbyterian Church            PPL-Pennington Public Library            SAC-St. Alphonsus Church            SMC-St. Matthews Church            TMS-Timberlane Middle School</p>		<p><b>1</b> 10-Exercise for the Active Aging (HTB)            11:45-Lunch: Meatloaf w/ Brown Gravy  <b>1:30-Mahjongg (HTB)</b></p>	<p><b>2</b> 11:45-Lunch: Eggplant Rollatini  <b>12:30-Brown Bag Lunch (PPC)</b></p>	<p><b>3</b></p>
<p><b>4</b></p>	<p><b>5</b> 10:30-Healthy Bones (SMC)            10:00: Coffee Connections (HBH)            10:45-Healthy Bones (HTB)            11:45-Lunch: Beef Burger  <b>2:30-Social Bridge (HTB)</b></p>	<p><b>6</b> 8:30-55+ Breakfast Series (CHH)            10-Blood Pressure  <b>11-Leisure Club (SAC)</b>            11:45-Lunch: Chicken Teriyaki w/ Broccoli</p>	<p><b>7</b> 10:15-SPECIAL Bingo  <b>10:45-Healthy Bones (HTB)</b>            11:45-Lunch: Crab Cake w/ Tartar Sauce</p>	<p><b>8</b> 10-Exercise for the Active Aging (HTB)            11:45-Lunch: Pot Roast w/ Gravy  <b>1:30-Mahjongg (HTB)</b></p>	<p><b>9</b> 11:45-Lunch: Tuna Salad Platter w/ Leaf Lettuce</p>	<p><b>10</b></p>
<p><b>11</b></p>	<p><b>12</b> 10:30-Healthy Bones (SMC)            10:45-Healthy Bones (HTB)            11:45-Lunch: Roasted Turkey w/ Gravy  <b>2:30-Social Bridge (HTB)</b>  <b>2:30-Book Club (MCL)</b></p>	<p><b>13</b> 11:45-Lunch: Breaded Chicken w/ Honey Mustard  <b>1:00-Artists' Choice (HTB)</b>  <b>3-Tech Time (MCL)</b>  <b>6:30- Staying Active in Retirement (PPL)</b></p>	<p><b>14</b> 10:45-Healthy Bones (HTB)            11:45-Lunch: Chicken Pot Pie</p>	<p><b>15</b> 11:45-Lunch: Sirloin Beef Tips w/ Red Wine Brown Gravy  <b>1:30-Mahjongg (HTB)</b></p>	<p><b>16</b> 11:45-Lunch: Breaded Fish w/ Tartar Sauce</p>	<p><b>17</b></p>
<p><b>18</b></p>	<p><b>19</b> 10:30-Healthy Bones (SMC)            10:45-Healthy Bones (HTB)  <b>11:00- Mondays with Mia (HTB)</b>            11:45- Lunch: Sweet Italian Sausage w/ Tomato Sauce            1:00-Newsletter Folding  <b>2:30-Social Bridge (HTB)</b></p>	<p><b>20</b> 10-Blood Pressure (HTB)            11:45-Lunch: Swedish Meatballs w/ Gravy  <b>1:00-Artists' Choice (HTB)</b>  <b>3-Aging-In-Place Group</b></p>	<p><b>21</b> 10:45-Healthy Bones (HTB)            11:45-Lunch: Stuffed Chicken w/ Broccoli &amp; Cheese  <b>12:30-Senior Luncheon (TMS)</b>  <b>2- Senior Advisory Board (HTB)</b></p>	<p><b>22</b> 11:45-Lunch: Ruben: Warm Turkey Pastrami w/ Swiss Cheese, Sauerkraut &amp; Russian Dressing  <b>1:30-Mahjongg (HTB)</b></p>	<p><b>23</b></p> <p style="text-align: center;"><b>CLOSED</b></p>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b></p> <p style="text-align: center;"><b>CLOSED</b></p>	<p><b>27</b> 11:45-Lunch: BBQ Roasted Leg Quarter  <b>1:00-Artists' Choice (HTB)</b></p>	<p><b>28</b> 10-Social Gathering with Ragtime Blues Guitar  <b>10:45-Healthy Bones (HTB)</b>            11:45-Lunch: Meatballs w/ Tomato Sauce  <b>1:30 and 6:15- Movie: Café Society (MCL)</b></p>	<p><b>29</b> 11:45-Lunch: Salad w/ Chopped Turkey &amp; Provolone Cheese, Romaine Lettuce, Croutons, Dried Cranberries, and Cucumber Slices w/ Balsamic Dressing  <b>1:30-Mahjongg (HTB)</b></p>	<p><b>30</b> 11:45-Lunch: Pork Loin w/ Apple Gravy</p>	