

# SEPTEMBER 2016

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 737-0605, ext. 668.</p>		<p><b>Location Guide</b>                      HTB-Hopewell Town. Building                      HBH-Hopewell Borough Hall                      MCL-MC Library, Hopewell Branch                      PPC-Pennington Presbyterian Church                      PPL-Pennington Public Library</p>	SAC-St. Alphonsus Church SMC-St. Matthews Church	1 11:45-Lunch 1:30-Mahjongg (HTB)	2 11:45-Lunch	3	
	4	5 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:45-Lunch: 2:30-Social Bridge (HTB)	6 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch	7 10:30-Bingo 10:45-Healthy Bones (HTB) 11:45-Lunch	8 11:45-Lunch 12-SENIOR PICNIC (Wash. Xing State Park) 1:30-Mahjongg (HTB) 4-Artists' Choice Show	9 11:45-Lunch	10
	11	12 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:45-Lunch 2:30-Book Club (MCL) 2:30-Social Bridge (HTB)	13 10:30-T'ai Chi (HBH) 11:45-Lunch 1:00-Artists' Choice (HTB)	14 10:45-Healthy Bones (HTB) 11:45-Lunch	15 11:45-Lunch 1:30-Mahjongg (HTB)	16 11:45-Lunch	17
	18	19 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:45-Lunch 1:00-Newsletter Folding 2:30-Social Bridge (HTB)	20 10-Blood Pressure (HTB) 10:30-T'ai Chi (HBH) 11:45-Lunch 1:00-Artists' Choice (HTB) 3-Aging-In-Place Group (HTB)	21 10:45-Healthy Bones (HTB) 11:45-Lunch 2- Senior Advisory Board (HTB)	22 10-Online Health Info & Research 11:45-Lunch 1:30-Mahjongg (HTB)	23 11:45-Lunch	24
	25	26 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:45-Lunch 2:30-Social Bridge (HTB)	27 10:30-T'ai Chi (HBH) 11:45-Lunch 1:00-Artists' Choice (HTB) 6:30-When is the Right Time to Take Your Social Security	28 10- At Home Fire Safety 10:45-Healthy Bones (HTB) 11:45-Lunch 1:30 and 6:15- Movie: Concussion( MCL)	29 11:45-Lunch 1:30-Mahjongg (HTB)	30 11:45-Lunch	