

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30-Social Bridge	3 10-AARP Tax Aid (MCL) 10-Blood Pressure 10:30- T'ai Chi (SJC) 11:30-Lunch:	4 10:30-Bingo 10:45-Healthy Bones (HTB) 11:30-Lunch:	5 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1- Men's Billiards Club (HVY)	6 11:30-Lunch: 12:15-Brown Bag Lunch (PPC)	7
8	9 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30-Social Bridge 2-Book Club (MCL)	10 10-AARP Tax Aid (MCL) 10:30- T'ai Chi (SJC) 11:30-Lunch: 1-Artists' Choice 3-Tech Time (MCL)	11 10-Scams 10:45-Healthy Bones (HTB) 11:30-Lunch: 2-The Short of It (MCL)	12 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1- Men's Billiards Club (HVY)	13 9-AARP Driver Safety Course (HTB) 11:30-Lunch: 1-Knitting Club	14
15	16 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 12:30-Newsletter Folding 1:30-Social Bridge 6-Have you had the	17 10-AARP Tax Aid (MCL) 10-Blood Pressure (HTB) 10:30- T'ai Chi (SJC) 11:30-Lunch: 1-Artists' Choice 3-Aging-In-Place Group	18 10-Distracted Driving 10:45-Healthy Bones (HTB) 11:30-Lunch: 2- Senior Advisory Board	19 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1- Men's Billiards Club (HVY)	20 9- Birthday Breakfast (HVGC) 11:30-Lunch:	21
22	23 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11-Mondays with Mia (HTB) 11:30-Lunch: 1:30-Social Bridge	24 10-Blood Pressure (HTB) 10:30- T'ai Chi (SJC) 11:30-Lunch: 1-Artists' Choice	25 10-Aging in Place, Modifying Your Home 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30 and 6:30- Movie: The Inconvenient Sequel: Truth to	26 10- Exercise for the Active Aging (HTB) 11:30-Lunch: 1- Men's Billiards Club (HVY)	27 11:30-Lunch:	28
29	30 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30-Social Bridge			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. 6360.	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 PPC-Pennington Presbyterian Church PPL-Pennington Public Library SAC-St. Alphonsus Church SMC-St. Matthews Church