

May 2018

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</p>		<p>1 10-Blood Pressure 10:30- T'ai Chi (SJC) 11:30-Lunch: Beef Burger 1-Artists' Choice</p>	<p>2 10:30-Bingo 10:45-Healthy Bones (HTB) 11:30-Lunch: Chicken Cordon Bleu</p>	<p>3 10- Exercise for the Active Aging (HTB) 11:30-Lunch: Tuna Salad 1- Men's Billiards Club (HVY)</p>	<p>4 11:30-Lunch: Pepperoni Pizza</p>	<p>5</p>	
	<p>6</p>	<p>7 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Cheesy Chicken Enchilada 1:30-Social Bridge</p>	<p>8 10:30- T'ai Chi (SJC) 11-Walking Group 11:30-Lunch: Ham & Cheese Sandwich 1-Artists' Choice</p>	<p>9 10:45-Healthy Bones (HTB) 11:30-Lunch: Beef & Broccoli 2-The Short of It (MCL) 4:30-Using Your</p>	<p>10 10- Exercise for the Active Aging (HTB) 11:30-Lunch: Breaded Chicken Breast 1- Men's Billiards Club</p>	<p>11 11:30-Lunch: Lemon Pepper Fish 1-Knitting Club</p>	<p>12</p>
	<p>13</p>	<p>14 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Western Omelet 1:30-Social Bridge</p>	<p>15 10-Blood Pressure (HTB) 10:30- T'ai Chi (SJC) 11:30-Lunch: Seafood Salad 1-Artists' Choice 3-Aging-In-Place Group</p>	<p>16 10-Arthritis 10:45-Healthy Bones (HTB) 11:30-Lunch: Salad w/ Turkey & Provolone 2- Senior Advisory Board</p>	<p>17 10- Exercise for the Active Aging (HTB) 11:30-Lunch: Kielbasa 1- Men's Billiards Club (HVY)</p>	<p>18 11:30-Lunch: Egg Salad</p>	<p>19 Pennington Day</p>
	<p>20</p>	<p>21 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Meatballs w/ Tomato Sauce 12:30-Newsletter Folding 1:30-Social Bridge</p>	<p>22 10:30- T'ai Chi (SJC) 11:30-Lunch: Breaded Pork Chop 1-Artists' Choice</p>	<p>23 10:45-Healthy Bones (HTB) 11:30-Lunch: Sweet Italian Sausage 4:30-Intro to Social Media 7-Birth of Democracy (MCL)</p>	<p>24 10- Exercise for the Active Aging (HTB) 11:30-Lunch: Chicken Marsala 1- Men's Billiards Club (HVY) 1:30-Mahjongg</p>	<p>25 11:30-Lunch: Crab Cakes</p>	<p>26</p>
	<p>27</p>	<p>28 Senior Center CLOSED: Memorial Day</p>	<p>29 11:30-Lunch: Cold Box Lunch 1-Artists' Choice</p>	<p>30 10:45-Healthy Bones (HTB) 11:30-Lunch: BBQ Chicken Leg 12-Brandywine Lunch & Learn (BSL) 1:30 and 6:30- Movie: Me Before You (MCL) 2-Senior Center Discussion Group</p>	<p>31</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 PPC-Pennington Presbyterian Church PPL-Pennington Public Library SAC-St. Alphonsus Church SMC-St. Matthews Church</p>