

# June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	<b>Location Guide</b> BSL-Brandywine Senior Living CHH-Capital Health-Hopewell HTB-Hopewell Town. Building HTPW-Hopewell Twp. Public Works HVCCHS-Hopewell Valley Central High School	HVY-Hopewell Valley YMCA MCL-MC Library, Hopewell Branch PPC-Pennington Presbyterian Church RP-Rosedale Park SAC-St. Alphonsus Church SMC-St. Matthews Church			1 11:30-Lunch: Pepperoni Pizza <b>1:30-First Friday Films-Tommy's Honor (MCL)</b>	2
3	4 <b>10-Brain Games (MCL)</b> <b>10:30-Healthy Bones (SMC)</b> <b>10:45-Healthy Bones (HTB)</b> 11:30-Lunch: Kielbasa 1:30-Social Bridge	5 8:30-55+ Breakfast Series (CHH) 10-Blood Pressure <b>11-Walking Group (RP)</b> 11:30-Lunch: Chicken Tetrazzini 1-Artists' Choice	6 10:30-Bingo <b>10:45-Healthy Bones (HTB)</b> 11:30-Lunch: Breaded Pork <b>2-The Short of It (MCL)</b> 4:30-Tech Class: Online Safety	7 <b>10- Exercise for the Active Aging (HTB)</b> 11:30-Lunch: BBQ Chicken <b>1- Men's Billiards Club (HVY)</b>	8 11:30-Lunch: Chicken Salad 1-Knitting Club	9
10	11 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Broccoli & Cheese Stuffed Chicken 1:30-Social Bridge <b>2-Book Club (MCL)</b>	12 11:30-Lunch: Egg Salad 1-Artists' Choice	13 <b>10:45-Healthy Bones (HTB)</b> 11:30-Lunch: Roasted Turkey w/ Gravy	14 11:30-Lunch: Meatballs w/ Tomato Sauce & Parm Cheese <b>1- Men's Billiards Club (HVY)</b> 1:30-Mahjongg	15 11:30-Lunch: Baked Fish w/ Tartar Sauce	16
17	18 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) <b>11-Mondays with Mia (HTB)</b> 11:30-Lunch: 2 Hot Dogs 12:30-Newsletter Folding 1:30-Social Bridge	19 10-Blood Pressure (HTB) 11:30-Lunch: Ham w/ Pineapple Salsa 1-Artists' Choice 3-Aging-In-Place Group <b>7-HV Night @ Trenton Thunder</b>	20 10-Emergency Preparedness <b>10:45-Healthy Bones (HTB)</b> 11:30-Lunch: Meat Lasagna 2- Senior Advisory Board	21 11:30-Lunch: Sirloin Tips w/ Brown Gravy <b>1- Men's Billiards Club (HVY)</b> 1:30-Mahjongg	22 11:30-Lunch: Salad w/ Chicken Strips, Romaine Lettuce, Tomato, Shredded Carrots & Italian Dressing	23
24	25 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Chicken Parm 1:30-Social Bridge	26 11:30-Lunch: Turkey & Provolone w/ Mayo & Mustard 1-Artists' Choice	27 10- Consumer Affairs <b>10:45-Healthy Bones (HTB)</b> 11:30-Lunch: Stuffed Cabbage	28 <b>10- Exercise for the Active Aging (HTB)</b> 11:30-Lunch: Chicken Breast w/ Mango Salsa <b>1- Men's Billiards Club (HVY)</b> 1:30-Mahjongg	29 11:30-Lunch: Crab Cakes w/ Tartar Sauce	30