

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Baked Ziti 1:30-Social Bridge	3 10-Blood Pressure 11:30-Lunch: (2) Hot Dogs 1-Artists' Choice	4 CLOSED: Happy 4th of JULY	5 10- Exercise for the Active Aging (HTB) 11:30-Lunch: Chicken Tetrizzini 1- Men's Billiards Club (HVY) 1:30-Mahjongg	6 11:30-Lunch: Baked Fish w/ Tartar Sauce 1:30-First Friday Films- The Dark Tower	7
8	9 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Meatballs w/ Tomato Sauce 1:30-Social Bridge 2-Book Club (MCL)	10 11:30-Lunch: Tuna Salad w/ Lettuce Leaf & Turkey Rice Soup 1-Artists' Choice	11 10:30-Bingo 10:45-Healthy Bones (HTB) 11:30-Lunch: Pizza w/ Pepperoni	12 10- Exercise for the Active Aging (HTB) 10-Gardening Book Club (MCL) 11:30-Lunch: Stuffed Chicken w/ Broccoli & Cheese 1- Men's Billiards Club (HVY) 1:30-Mahjongg	13 11:30-Lunch: Crab Cake w/ Tartar Sauce 1-Knitting Club	14
15	16 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11-Mondays with Mia (HTB) 11:30-Lunch: Roasted Turkey 12:30-Newsletter Folding	17 10-Blood Pressure (HTB) 11:30-Lunch: Chicken Parm 1-Artists' Choice 3-Aging-In-Place Group	18 10-Green Cleaning 10:45-Healthy Bones (HTB) 11:30-Lunch: Chicken Salad 2-The Short of It (MCL)	19 10- Exercise for the Active Aging (HTB) 11:30-Lunch: Low Salt Ham 1- Men's Billiards Club (HVY)	20 11:30-Lunch: Salad w/ Chopped Turkey 1-Jewelry/Bead Making	21
22	23 10- Coffee Connections (HBH) 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Breaded Chicken Patty 1:30-Social Bridge	24 11:30-Lunch: Salisbury Steak 1-Artists' Choice	25 10- All About Poisons 10:45-Healthy Bones (HTB) 11:30-Lunch: Italian Sausage 1:30 & 6:30: Movies for	26 11:30-Lunch: Italian "Sub" 1- Men's Billiards Club (HVY) 1:30-Mahjongg	27 11:30-Lunch: Egg Salad w/ Lettuce Leaf	28
29	30 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: Beef & Broccoli 1:30-Social Bridge	31 11:30-Lunch: Chicken Pot Pie 1-Artists' Choice		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	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 SAC-St. Alphonsus Church SMC-St. Matthews Church WXSP-Washington Crossing State Park