

November 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>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 SAC-St. Alphonsus Church SMC-St. Matthews Church SJC- St. James Church</p>		<p>1 10-Active Aging (HTB) 11:30-Lunch: 1- Men's Billiards Club (HVY) 1:30-Mahjongg</p>	<p>2 11:30-Lunch: 12:30-Brown Bag Luncheon (PPC) 1:30-First Friday Films-</p>	<p>3 10-Rabies Clinic (HTPW)</p>
<p>4 3-Take the Trolley (MCL)</p>	<p>5 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30-Social Bridge</p>	<p>6 10-Blood Pressure 10-T'ai Chi (SJC) 11:30-Lunch: 1-Artists' Choice</p>	<p>7 10:30-Bingo 10:45-Healthy Bones (HTB) 11:30-Lunch:</p>	<p>8 10-Active Aging (HTB) 11:30-Lunch: 1- Men's Billiards Club (HVY) 1:30-Mahjongg</p>	<p>9 11:30-Lunch: 1-Knitting Club</p>	<p>10</p>
<p>11</p>	<p>12 CLOSED: VETERAN'S DAY (OBSERVED)</p>	<p>13 11:30-Lunch: 1-Artists' Choice 7-Sellers: Plan Your Perfect Move (MCL)</p>	<p>14 10:45-Healthy Bones (HTB) 11:30-Lunch: 2- The Short of It (MCL)</p>	<p>15 10-Healthy Outlooks for Older Adults 1:30-Lunch: 1- Men's Billiards Club (HVY)</p>	<p>16 11:30- Lunch: 1-Bead & Jewelry Group</p>	<p>17</p>
<p>18</p>	<p>19 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 12:30-Newsletter Folding 1:30-Social Bridge</p>	<p>20 10-Blood Pressure (HTB) 11:30-Lunch: 1-Artists' Choice 3- Aging In Place Group</p>	<p>21 10:45-Healthy Bones (HTB) 11:30-Lunch:</p>	<p>22 CLOSED: HAPPY THANKSGIVING!</p>	<p>23 CLOSED</p>	<p>24</p>
<p>25</p>	<p>26 10:30-Healthy Bones (SMC) 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30-Social Bridge</p>	<p>27 11:30-Lunch: 1-Artists' Choice</p>	<p>28 10-Relaxation Techniques 10:45-Healthy Bones (HTB) 11:30-Lunch: 1:30 & 6:15: Movies for Adults: Lady MacBeth (MCL)</p>	<p>29 11:30-Lunch: 1- Men's Billiards Club (HVY) 1:30-Mahjongg</p>	<p>30 11:30-Lunch:</p>	