


May 2019

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 538-2222</p>	<p>Location Guide</p> <p>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 MLG-Medina Law Group PB-Pennington Borough PPC-Pennington Presbyterian Church SJC- St. James Church</p>	<p>1 10:30-Bingo 10:30-Healthy Bones (HTB) 11:30-Lunch: Chicken Cordon Bleu 12:15- Senior Luncheon</p>	<p>2 10-Active Aging (HTB) 11:30-Lunch: Pot Roast 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>3 11:30-Lunch: Egg Salad 1:30-First Friday Film: Mamma Mia (MCL)</p>	<p>4</p>
	<p>5</p>	<p>6 10:30-Healthy Bones (HTB) 11:30-Lunch: Chicken Tacos 1:30-Social Bridge</p>	<p>7 10- Blood Pressure 11:30-Lunch: Beef & Broccoli 1-Artists' Choice</p>	<p>8 10:30-Healthy Bones (HTB) 11:30-Lunch: Low Salt Ham 1-Bead & Jewelry Group 2-The Short of It (MCL)</p>	<p>9 10-Active Aging (HTB) 11:30-Lunch: Chicken Marsala 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>10 11-Elder Care Fair (HTB) 11:30-Lunch: Tuna Salad 1-Knitting Club</p>
<p>12</p>	<p>13 10:30-Healthy Bones (HTB) 11:30-Lunch: Western Omelet 1:30- Social Bridge 2-Senior Book Group (MCL)</p>	<p>14 11:30-Lunch: BBQ Chicken Leg 1-Artists' Choice</p>	<p>15 10-Mobile Stroke Unit 10:30-Healthy Bones (HTB) 11:30-Lunch: Salad w/ Turkey & Provolone 2- Senior Advisory Board</p>	<p>16 10-Active Aging (HTB) 11:30-Lunch: Kielbasa 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>17 11:30- Lunch: Pizza w/ Pepperoni</p>	<p>18 Pennington Day 10am-4pm (PB)</p>
<p>19</p>	<p>20 10:30-Healthy Bones (HTB) 11:30-Lunch: Meatballs 12:30- Newsletter Folding 1:30-Social Bridge</p>	<p>21 10-Blood Pressure (HTB) 11:30-Lunch: Breaded Pork Chop 1-Artists' Choice</p>	<p>22 10-Healthy Living for Brain & Body 10:30-Healthy Bones (HTB) 11:30-Lunch: Chicken Chow Mein</p>	<p>23 10-Active Aging (HTB) 11:30-Lunch: Sweet Italian Sausage 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>24 11:30- Lunch: Crab Cakes</p>	<p>25</p>
<p>26</p>	<p>27 CLOSED: </p>	<p>28 11:30-Lunch: Hamburger 1-Artists' Choice</p>	<p>29 10-Pennington School Chorus 10:30-Healthy Bones (HTB) 11:30-Lunch: Honey Mustard Chicken Breast 1:30 & 6:30 Movies for Adults: Tag (MCL)</p>	<p>30 10-Active Aging (HTB) 11:30-Lunch: Salisbury Steak 1- Billiards Club (HVY) 1:30-Mahjongg</p>	<p>31 11:30- Lunch: Fried Chicken Breast</p>	