



# June 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 537-0236.</p>	<p><b>Location Guide</b>            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>				1
	2	<p>3 <b>10:30-Healthy Bones (HTB)</b>            11:30-Lunch: Chicken Marsala            1:30-Social Bridge</p>	<p>4 <b>CLOSED: PRIMARY ELECTIONS</b></p>	<p>5 10:30-Bingo  <b>10:30-Healthy Bones (HTB)</b>            11:30-Lunch: BBQ Riblet w/ BBQ Sauce</p>	<p>6 <b>10-Active Aging (HTB)</b>            11:30-Lunch: Chicken Francaise  <b>1- Billiards Club (HVY)</b>            1:30-Mahjongg</p>	<p>7 11:30-Lunch: Pizza w/ Pepperoni  <b>1:30-First Friday Film: Darkest Hour (MCL)</b></p>
9	<p>10 <b>10:30-Healthy Bones (HTB)</b>            11:30-Lunch: Broccoli &amp; Cheese stuffed Chicken            1:30- Social Bridge</p>	<p>11 10:30-AED Awareness            11:30-Lunch: Egg Salad w/ Lettuce Leaf</p>	<p>12 10-Heart Health  <b>10:30-Healthy Bones (HTB)</b>            11:30-Lunch: Chicken Parm            1-Let's Chat Social Group</p>	<p>13 <b>10-Active Aging (HTB)</b>            11:30-Lunch: Kielbasa  <b>1- Billiards Club (HVY)</b>            1:30-Mahjongg  <b>6:30-Intro to Composting</b></p>	<p>14 11:30-Lunch: Roasted Turkey            1-Knitting Club</p> 	15
<p>16</p> 	<p>17 <b>10:30-Healthy Bones (HTB)</b>            11:30-Lunch: Western Omelet            12:30- Newsletter Folding</p>	<p>18 <b>10-Blood Pressure (HTB)</b>            11:30-Lunch: 2 Hot Dogs</p>	<p>19 10-Aging Eye  <b>10:30-Healthy Bones (HTB)</b>            11:30-Lunch: Meat Lasagna            2- Senior Advisory Board</p>	<p>20 <b>10-Active Aging (HTB)</b>            11:30-Lunch: Italian Sub  <b>1- Billiards Club (HVY)</b>            1:30-Mahjongg</p>	<p>21 11:30- Lunch: Crab Cake</p>	22
23/30	<p>24 <b>10-Longevity Stick (MCL)</b>  <b>10:30-Healthy Bones (HTB)</b>            11:30-Lunch: Stuffed Pepper            1:30-Social Bridge</p>	<p>25 11:30-Lunch: Breaded Pork  <b>6:30-Aging in Place (PPL)</b></p>	<p>26 <b>10-Longevity Stick (MCL)</b>  <b>10:30-Healthy Bones (HTB)</b>            11:30-Lunch: Meatballs  <b>1:30 &amp; 6:30 Movies for Adults: Ready Player One</b></p>	<p>27 <b>10-Active Aging (HTB)</b>            11:30-Lunch: Low Salt Ham  <b>1- Billiards Club (HVY)</b>            1:30-Mahjongg</p>	<p>28 <b>10-Longevity Stick (MCL)</b>            11:30- Lunch: Chicken Breast  <b>2-Recyclable Arts &amp;</b></p>	29