




October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Location Guide BSL-Brandywine Senior Living CHH-Capital Health-Hopewell HTB-Hopewell Town. Building HVCHS-Hopewell Valley Central High School	HVY-Hopewell Valley YMCA MCL-MC Library, Hopewell Branch PB-Pennington Borough PPC-Pennington Presbyterian Church SJC- St. James Church	1 10-Blood Pressure 11:30-Lunch: Pot Roast 1- Artists' Choice (HTB) 1- Billiards Club (HVY)	2 10:30-Bingo 10:30-Healthy Bones (HTB) 11:30-Lunch: Breaded Pork Chop	3 9:30-Blood Pressure (HTB) 10-Active Aging (HTB) 10-Tracking Wild Birds 11:30-Lunch: Chicken Marsala 1:30-Mahjongg (HTB)	4 11:30- Lunch: Tacos 12:30-Brown Bag Lunch (PPC) 1:30-First Friday Film:	5 9:30-Alzheimer's Walk (Veteran's Park, Hamilton) 
6	7 10:30-Healthy Bones (HTB) 10:30- T'ai Chi (SJC) 11:30-Lunch: Western Omelet 2- Social Bridge (HTB)	8 11:30-Lunch: Kielbasa 1- Artists' Choice (HTB) 1- Billiards Club (HVY)	9 10:30-Healthy Bones (HTB) 11:30-Lunch: Chicken Pot Pie 1-Let's Chat Social Group (HTB)	10 11:30-Lunch: Meatballs 1:30-Mahjongg (HTB)	11 9-Birthday Breakfast (Amalfi's) 11:30-Lunch: Salad w/ Ham & Provolone Cheese	12
13	14 CLOSED: 	15 10-Blood Pressure (HTB) 11:30-Lunch: Roasted Turkey 1- Artists' Choice (HTB) 1- Billiards Club (HVY)	16 10- Cholesterol 10:30-Healthy Bones (HTB) 11:30-Lunch: Sweet & Sour Chicken 2-The Short of It (MCL) 2- Senior Advisory Board (HTB)	17 10-Active Aging (HTB) 11:30-Lunch: Beef Burger 1:30-Mahjongg (HTB)	18 10- Assembly Member Visit 11:30-Lunch: Crab Cakes	19
20	21 10:30-Healthy Bones (HTB) 10:30- T'ai Chi (SJC) 11:30-Lunch: Low-Salt Ham 10:30- Newsletter Folding	22 11:30-Lunch: Ruben 1- Artists' Choice (HTB) 1- Billiards Club (HVY)	23 10-Insurance 101 10:30-Healthy Bones (HTB) 11:30-Lunch: Fried Chicken	24 10-Active Aging (HTB) 11:30-Lunch: Pork Loin 1:30-Mahjongg (HTB)	25 11:30- Lunch: Baked Fish	26
27	28 10- Coffee Connections (HBH) 10:30-Healthy Bones (HTB) 10:30- T'ai Chi (SJC) 11:30-Lunch: Turkey Wrap	29 11:30-Lunch: Cold Box Lunch 1- Artists' Choice (HTB) 1- Billiards Club (HVY)	30 10:30-Healthy Bones (HTB) 11:30-Lunch: Breaded Chicken 12:30-Senior Luncheon (HVCHS) 1:30 & 6:30-Movies for Adults: IT (MCL)	31 10-Active Aging (HTB) 11:30-Lunch: Beef Stew 1:30-Mahjongg (HTB)		All Afternoon Programs have been moved to the Hopewell Township Building during Senior Center Renovations. The Senior Center will remain open for lunch daily!