

April 2024

MENU AND SHOPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

April 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 1 Lunch Menu - Chicken Parm Sandwich TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	2 Lunch Menu - Egg Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	3 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Shop-Rite	4 Lunch Menu - Turkey Dinner	5 Lunch Menu - Shepherd's Pie TODAY'S SHOPPING TRIP Shop-Rite
8 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	9 Lunch Menu - Grilled Chicken Caesar Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	10 Lunch Menu - Omelet TODAY'S SHOPPING TRIP Uncle Giuseppe's	11 Lunch Menu - Pork Chops	12 Lunch Menu - Grilled Cheese TODAY'S SHOPPING TRIP Shop-Rite
15 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	16 Lunch Menu - Sweet & Sour Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	17 Lunch Menu - Hoagies TODAY'S SHOPPING TRIP Delicious Orchards	18 Lunch Menu - Beef Lasagna	19 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Shop-Rite
22 Lunch Menu - BBQ Chicken Sandwich TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	23 Lunch & Shopping Cancelled Volunteer Luncheon	24 Lunch Menu - Meatloaf TODAY'S SHOPPING TRIP Shop-Rite	25 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	26 Shopping Cancelled 10:00am 'What's the Scoop'?
29 Lunch Menu - Chef Salad TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	30 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	May 1	2	3

April 2024

ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

April 2024

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 1 10:00am Ceramics w/ Sue 1:00pm Knitwits	2 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	3 1:00pm Cards & Games	4 10:00am Ceramics/Exp. Fine Art 11:00am "Understanding Your Blood Pressure" 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	5 9:00am Ceramics w/ Sue 1:00pm Cards & Games
8 10:00am Ceramics w/ Sue 1:00pm Knitwits	9 9:30am The Nurse Is In 10:00am "Understanding Memory Loss" 10:00am Creative Expressions/Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	10 1:00pm Cards & Games	11 10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub/Forever Young Bus. 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena	12 9:00am Ceramics w/ Sue 10:30am Book Club 1:00pm Cards & Games
15 10:00am Ceramics w/ Sue 1:00pm Knitwits	16 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	17 1:00pm Cards & Games 1:30pm Caregiver Support Group 4:00pm "A Night For the Working Senior" 6:00pm Caregiver Support Group	18 10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena	19 9:00am Ceramics w/ Sue 1:00pm Cards & Games
22 10:00am Ceramics w/ Sue 1:00pm Knitwits	23 Classes & Programs Cancelled Volunteer Luncheon	24 1:00pm "Cultivating Wellness" Intro Session w/Fulfill 1:00pm Cards & Games	25 10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena	26 9:00am Ceramics w/ Sue 10:00am "What's the Scoop?" 12:00pm "Managing Diabetes" 1:00pm Cards & Games
29 10:00am Ceramics w/ Sue 1:00pm Knitwits	30 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	May 1	2	3

April 2024

ADULT FITNESS PROGRAMS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 1 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	2 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	3 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	4 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Basics w/ Sondra	5 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
8 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	9 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	10 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	11 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Basics w/ Sondra	12 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
15 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	16 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	17 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	18 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Basics w/ Sondra	19 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
22 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	23 Classes & Programs Cancelled Volunteer Luncheon	24 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	25 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Basics w/ Sondra	26 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
29 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	30 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	May 1	2	3