

# June 2026

## ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

June 2026						
Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6
14	8	9	10	11	12	13
21	15	16	17	18	19	20
28	22	23	24	25	26	27

July 2026						
Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4
12	13	14	8	9	10	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jun 1	2	3	4	5
	Classes & Programs Cancelled Election Day	Fitness w/ Nicole Cancelled	10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	
8	9	10	11	12
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
15	16	17	18	19
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
22	23	24	25	26
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
29	30	Jul 1	2	3
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan			

# June 2026

## ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

June 2026						
Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6
14	8	9	10	11	12	13
21	15	16	17	18	19	20
28	22	23	24	25	26	27
	29	30				

July 2026						
Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4
12	13	14	8	9	10	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25
			29	30	31	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Jun 1</b> 10:00am Ceramics w/ Sue 1:00pm Cards & Games	<b>2</b> Classes & Programs Cancelled Election Day	<b>3</b> 10:00am Diamond Art Club 1:00pm Cards & Games	<b>4</b> 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	<b>5</b> 9:00am Ceramics w/ Sue
<b>8</b> 10:00am Ceramics w/ Sue 11:00am "Feed Your Brain" 1:00pm Cards & Games	<b>9</b> 10:00am Woodcarving 10:30am "Emergency Preparedness" 1:00pm Ageless Actors 1:00pm Bingo/Bridge	<b>10</b> 10:00am Diamond Art Club 1:00pm Cards & Games 4:00pm "An Evening For the Senior"	<b>11</b> 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art 1:00pm Forever Young Bus. Mtg.	<b>12</b> 9:00am Ceramics w/ Sue 10:30am Book Club
<b>15</b> 10:00am "The Nurse Is In" 10:00am Ceramics w/ Sue 1:00pm Cards & Games	<b>16</b> 10:00am Woodcarving 1:00pm Ageless Actors 1:00pm Bingo/Bridge	<b>17</b> 10:00am Diamond Art Club 1:00pm Cards & Games	<b>18</b> 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	<b>19</b> Juneteenth Senior Center & Mun. Bldg. Closed
<b>22</b> 10:00am Ceramics w/ Sue 1:00pm Cards & Games	<b>23</b> 10:00am Woodcarving 11:00am Heads Up Seniors! 1:00pm Ageless Actors 1:00pm Bingo/Bridge	<b>24</b> 10:00am Diamond Art Club 1:00pm Cards & Games	<b>25</b> 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	<b>26</b> 9:00am Ceramics w/ Sue
<b>29</b> 10:00am Ceramics w/ Sue 1:00pm Cards & Games	<b>30</b> 10:00am Woodcarving 1:00pm Ageless Actors 1:00pm Bingo/Bridge	<b>Jul 1</b>	<b>2</b>	<b>3</b>

# June 2026

## MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

June 2026						
Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6
14	8	9	10	11	12	13
21	15	16	17	18	19	20
28	22	23	24	25	26	27
	29	30				

July 2026						
Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4
12	13	14	8	9	10	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25
			29	30	31	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Jun 1</b> Lunch Menu - Swedish Meatballs TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	<b>2</b> Election Day Programs & Classes Cancelled	<b>3</b> Lunch Menu - Breakfast TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	<b>4</b> Lunch Menu - Balsamic Turkey TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	<b>5</b> 11am Lunch Menu - Ham & Cheese
<b>8</b> Lunch Menu - Chicken Patty TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	<b>9</b> Lunch Menu - Teriyaki Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)	<b>10</b> Lunch Menu - Beef Taco Bowl TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	<b>11</b> Lunch Menu - Soy Glazed Turkey TODAY'S SHOPPING TRIP West End Farmers' Market	<b>12</b> 11am Lunch Menu - Tuna Salad
<b>15</b> Lunch Menu - Fish Mac & Cheese TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	<b>16</b> Lunch Menu - Peruvian Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)	<b>17</b> Lunch Menu - Beef Bolognese TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	<b>18</b> Lunch Menu - BBQ Braised Turkey TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	<b>19</b> Juneteenth Senior Center & Mun. Bldg. Closed
<b>22</b> Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	<b>23</b> Lunch Menu - Tuscan Grilled Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)	<b>24</b> Lunch Menu - Beef Chili TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	<b>25</b> Lunch Menu - Sweet & Sour Turkey TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	<b>26</b> 11am Lunch Menu - Egg Salad
<b>29</b> Lunch Menu - Chicken Fajitas TODAY'S SHOPPING TRIP Trader Joe's OR Uncle Giuseppe's	<b>30</b> Lunch Menu - Shepherd's Pie TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)	<b>Jul 1</b>	<b>2</b>	<b>3</b>