

May 2025

MENU AND SHOPPING SCHEDULE  
(SUBJECT TO CHANGE WITHOUT NOTICE)

May 2025						
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

June 2025						
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					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 28	29	30	May 1	2
			Lunch Menu - Pork Chops	Lunch Menu - Grilled Chicken
			TODAY'S SHOPPING TRIP	
			Stop & Shop OR ALDI's	
5	6	7	8	9
Lunch Menu - Salisbury Steak	Lunch Menu - Taco Tuesday Older Americans Month Celebration	Lunch Menu - Breaded Flounder	Lunch Menu - Beef Lasagna	Lunch Menu - Ham & Cheese
TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	
Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Rt. 66 (Home Depot OR Wal-Mart)	Shop-Rite OR Hobby Lobby	Stop & Shop OR ALDI's	
12	13	14	15	16
Lunch Menu - California Chicken "Burger"	Lunch Menu - Pork Chops	Lunch Menu - Meatloaf	Lunch Menu - Breaded Flounder	Lunch Menu - Turkey & Cheese
TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	
Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Rt. 66 (Home Depot OR Wal-Mart)	Shop-Rite OR Hobby Lobby	Stop & Shop OR ALDI's	
19	20	21	22	23
Lunch Menu - Salisbury Steak	Lunch Menu - Meatloaf	Lunch Menu - Turkey Dinner	Lunch Menu - BBQ Spare Ribs	Lunch Menu - Tuna
TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	
Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Rt. 66 (Home Depot OR Wal-Mart)	Shop-Rite OR Hobby Lobby	Stop & Shop OR ALDI's	
26	27	28	29	30
Memorial Day	Lunch Menu - Egg Salad	Lunch Menu - Grab & Go Picnic Lunch Hoagies	Lunch Menu - Chicken Parm	Lunch Menu - Swedish Meatballs
Senior Center & Mun. Bldg. Closed	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	
	Delicious Orchards	Shop-Rite OR Hobby Lobby	Stop & Shop OR ALDI's	



May 2025

ADULT ENRICHMENT PROGRAMS  
(SUBJECT TO CHANGE WITHOUT NOTICE)

May 2025							June 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 28	29	30	May 1 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	2
5 10:00am Ceramics w/ Sue 1:00pm Cards & Games	6 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	7 1:00pm Cards & Games	8 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art 1:00pm Forever Young Bus. Mtg.	9 9:00am Ceramics w/ Sue 10:30am Book Club
12 10:00am Ceramics w/ Sue 1:00pm Cards & Games	13 9:30am "The Nurse Is In" 10:00am Creative Expressions 10:00am Woodcarving 11:00am "Mental Health and Your Health" 1:00pm Acting/Bingo/Bridge	14 10:30am "Grief and Loss" Group Session 11:00am Walk-In Therapy Services 1:00pm Cards & Games	15 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	16 9:00am Ceramics w/ Sue
19 10:00am Ceramics w/ Sue 1:00pm Cards & Games	20 10:00am Creative Expressions 10:00am LD11 Mobile Outreach 10:00am Woodcarving 11:00am "The Role of Grandparents..." 1:00pm Acting/Bingo/Bridge	21 10:30am "A Night For Working Seniors" 10:30am "Grief and Loss" Group Session 11:00am Walk-In Therapy Services 1:00pm Cards & Games	22 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	23 9:00am Ceramics w/ Sue
26 Memorial Day Senior Center & Mun. Bldg. Closed	27 PM Programs Canceled 10:00am Creative Expressions 10:00am Woodcarving	28 10:00am Health Fair 10:30am "Grief and Loss" Group Session 11:00am Walk-In Therapy Services 1:00pm Cards & Games	29 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	30 9:00am Ceramics w/ Sue



May 2025

ADULT FITNESS PROGRAMS

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June 2025						
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22	23	24	25	26	27	28
29	30					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 28	29	30	May 1	2
			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
5	6	7	8	9
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
12	13	14	15	16
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 w/ Karen	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
19	20	21	22	23
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
26	27	28	29	30
Memorial Day Senior Center & Mun. Bldg. Closed	11:00am Tai Chi w/ Dan	Classes w/ Nicole Cancelled		10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club w/ Karen