

October 2021

ADULT ENRICHMENT PROGRAM SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

October 2021						
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						

November 2021						
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
Sep 27	28	29	30	Oct 1 9:00am Ceramics w/Sue 9:00am Pump It Up w/ Meg 10:00am Sit -N- Fit w/ Meg 1:00pm Cards & Games
4 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Basket Weaving 10:00am Ceramics w/Sue 10:00am Total Body Solutions w/ Nicole 1:00pm Knitwits	5 9:00am Mat Yoga w/ Nicole 10:00am Creative Expressions w/ Tena 10:00am Shaping Up, Sitting Down w/ Nicole 10:00am Woodcarving 1:00pm Bingo/Bridge/Perf.Workshop	6 9:00am Chair Yoga w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra/ Spanish Class 1:00pm Cards & Games	7 10:00am Adv. Fine Art w/ Tena / Ceramics w/Ed 10:00am T'ai Chi w/ Dan 1:00pm Beg. Fine Art w/ Tena / Ceramics W/Ed 1:00pm Bridge	8 PM Programs Cancelled 9:00am Ceramics w/Sue 9:00am Pump It Up w/ Meg 10:00am Caregiver Volunteers 10:00am Sit -N- Fit w/ Meg
11 Columbus Day Senior Center & Mun. Bldg. Closed	12 9:00am Mat Yoga w/ Nicole 10:00am Creative Expressions w/ Tena 10:00am Shaping Up, Sitting Down w/ Nicole 10:00am Woodcarving 1:00pm Bingo/Bridge/Perf.Workshop	13 9:00am Chair Yoga w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra/ Spanish Class 1:00pm Cards & Games	14 10:00am Adv. Fine Art w/ Tena / Ceramics w/Ed 10:00am T'ai Chi w/ Dan 1:00pm Beg. Fine Art w/ Tena / Ceramics W/Ed 1:00pm Bridge 1:00pm Forever Young	15 9:00am Ceramics w/Sue 9:00am Pump It Up w/ Meg 10:00am Sit -N- Fit w/ Meg 1:00pm Cards & Games
18 Ceramics w/ Sue Cancelled 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Basket Weaving 10:00am Total Body Solutions w/ Nicole 1:00pm Knitwits	19 9:00am Mat Yoga w/ Nicole 10:00am Creative Exp. w/ Tena/Woodcarving 10:00am Shaping Up, Sitting Down w/ Nicole 11:00am "Benefits of Vitamin D" 1:00pm Bingo/Bridge/Perf.Workshop	20 9:00am Chair Yoga w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra/ Spanish Class 1:00pm Cards & Games 1:00pm Movie - "Hocus Pocus"	21 10:00am Adv. Fine Art w/ Tena / Ceramics w/Ed 10:00am T'ai Chi w/ Dan 1:00pm Beg. Fine Art w/ Tena / Ceramics W/Ed 1:00pm Bridge	22 Ceramics w/ Sue Cancelled 9:00am Pump It Up w/ Meg 10:00am Sit -N- Fit w/ Meg 1:00pm Cards & Games
25	26	27	28	29
Classes Cancelled				
Craft Sale Week				
Early Voting 10am - 8pm				
	10:00am Nursing Student Series "Diabetes" 1:00pm Pumpkin Decorating			

October 2021

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

October 2021						
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						

November 2021						
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
<p>Sep 27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>Oct 1</p> <p>Lunch Menu - Meatloaf</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>
<p>4</p> <p>Lunch Menu - Turkey Dinner</p> <p>8:15am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)</p>	<p>5</p> <p>Lunch Menu - Egg Salad</p> <p>8:15am TODAY'S SHOPPING TRIP Seaview Square Target OR Wegmans</p>	<p>6</p> <p>Lunch Menu - Beef Lasagna</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>7</p> <p>Lunch Menu - Chicken Parm</p> <p>8:15am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop</p>	<p>8</p> <p>Lunch Menu - Turkey BLT Wrap</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>
<p>11</p> <p>Columbus Day</p> <p>Senior Center & Mun. Bldg. Closed</p>	<p>12</p> <p>Lunch Menu - Breaded Flounder</p> <p>8:15am TODAY'S SHOPPING TRIP Seaview Square Target OR Wegmans</p>	<p>13</p> <p>Lunch Menu - Omelet</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>14</p> <p>Oktoberfest Lunch - Res. Req'd</p> <p>Shopping Cancelled</p>	<p>15</p> <p>Lunch Menu - Grilled Chicken</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>
<p>18</p> <p>Lunch Menu - Sausage, Pepper & Onion Hoagie</p> <p>8:15am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)</p>	<p>19</p> <p>Lunch Menu - Grilled Chicken</p> <p>8:15am TODAY'S SHOPPING TRIP Seaview Square Target OR Wegmans</p>	<p>20</p> <p>Lunch Menu - Ham & Cheese</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>21</p> <p>Lunch Menu - Beef Lasagna</p> <p>8:15am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop</p>	<p>22</p> <p>Volunteer Luncheon - Invite Only</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>
<p>25</p> <p>"Mocktail Party" Res. Req'd</p> <p>Regular Lunch Cancelled</p> <p>Shopping Cancelled</p>	<p>26</p> <p>Lunch Menu - Pork Chops</p> <p>8:15am TODAY'S SHOPPING TRIP Seaview Square Target OR Wegmans</p>	<p>27</p> <p>Lunch Menu - Meatloaf</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>28</p> <p>Lunch Menu - Breaded Flounder</p> <p>8:15am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop</p>	<p>29</p> <p>Lunch Menu - Turkey & Cheese</p> <p>8:15am TODAY'S SHOPPING TRIP Shop-Rite</p>