

December 2023

ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

December 2023						
Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	1	2
10	11	12	13	14	8	9
17	18	19	20	21	15	16
24	25	26	27	28	22	23
31					29	30

January 2024						
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	31			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 27	28	29	30	Dec 1 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole 11:00am Line Dancing Basics w/ Sondra
4 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	5 9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	6 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	7 10:00am T'ai Chi w/ Dan	8 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole 11:00am Line Dancing Basics w/ Sondra
11 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	12 9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	13 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	14 10:00am T'ai Chi w/ Dan	15 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole 11:00am Line Dancing Basics w/ Sondra
18 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	19 Classes & Programs Cancelled	20 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	21 Classes & Programs Cancelled	22 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole 11:00am Line Dancing Basics w/ Sondra
25 Christmas Day Senior Center & Mun. Bldg. Closed	26	27 Classes & Programs Cancelled	28	29

December 2023

MENU AND SHOPPING SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

December 2023						
Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	1	2
10	11	12	13	14	8	9
17	18	19	20	21	15	16
24	25	26	27	28	22	23
31					29	30

January 2024						
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	31			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 27	28	29	30	Dec 1
				Lunch Menu - Breaded Flounder
				TODAY'S SHOPPING TRIP
				Shop-Rite
4	5	6	7	8
Lunch Menu - California Chicken "Burger"	Lunch Menu - Taco's	Lunch Menu - Meatloaf	Lunch Menu - Breaded Flounder	Lunch Menu - Turkey & Cheese
TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	9:30am 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)	Freehold Mall		Shop-Rite
11	12	13	14	15
Lunch Menu - Sweet & Sour Chicken	Lunch Menu - Tuna Salad	Lunch Menu - Chef Salad	Lunch Menu - BBQ Spare Ribs	Lunch Menu - Meatloaf
TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	9:30am TODAY'S SHOPPING TRIP		Shopping Cancelled
Whole Foods OR TJ Maxx OR Acme	Rt. 66 (Home Depot OR Wal-Mart)	Shop-Rite		
18	19	20	21	22
Lunch Menu - Swedish Meatballs	Lunch Menu - Holiday Luncheon Res. Req'd.	Lunch Menu - Beef Lasagna	Lunch Menu - Holiday Luncheon Res. Req'd.	Lunch Menu - Turkey Dinner
TODAY'S SHOPPING TRIP	Shopping Cancelled	9:30am TODAY'S SHOPPING TRIP	Shopping Cancelled	TODAY'S SHOPPING TRIP
Seaview Square (includes drop off at Wegman's OR Target OR Costco)		Shop-Rite		Shop-Rite
				11:00am Early Lunch
25	26	27	28	29
Christmas Day	Lunch Menu - Breaded Flounder	Lunch Menu - Chili	Lunch Menu - Pork Chops	New Year Lunch & Toast
Senior Center & Mun. Bldg. Closed	TODAY'S SHOPPING TRIP	9:30am TODAY'S SHOPPING TRIP		Shopping Cancelled
	Rt. 66 (Home Depot OR Wal-Mart)	Shop-Rite		11:00am Early Lunch

December 2023

ADULT ENRICHMENT PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

December 2023						
Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	1	2
10	11	12	13	14	8	9
17	18	19	20	21	15	16
24	25	26	27	28	22	23
31					29	30

January 2024						
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	31			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 27	28	29	30	Dec 1
				9:00am Ceramics w/ Sue 1:00pm Cards & Games
4	5	6	7	8
10:00am Basket Weaving 10:00am Ceramics w/ Sue 1:00pm Forever Young - Business Mtg.	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	1:00pm Cards & Games	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	9:00am Ceramics w/ Sue 10:30am Book Club 1:00pm Cards & Games
11	12	13	14	15
10:00am Basket Weaving 10:00am Ceramics w/ Sue	9:30am "The Nurse Is In" 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	1:00pm Cards & Games	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	9:00am Ceramics w/ Sue 1:00pm Cards & Games
18	19	20	21	22
PM Classes & Programs Cancelled 10:00am Basket Weaving 10:00am Ceramics w/ Sue	Classes & Programs Cancelled	PM Classes & Programs Cancelled	Classes & Programs Cancelled	PM Classes & Programs Cancelled 9:00am Ceramics w/ Sue
25	26	27	28	29
Christmas Day Senior Center & Mun. Bldg. Closed		Classes & Programs Cancelled		