

March 2024

ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

March 2024						
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	29	30

April 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 26	27	28	29	Mar 1
				9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
4	5	6	7	8
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	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 11:00am Line Dancing w/ Sondra	10:00am T'ai Chi w/ Dan 11:00am Line Dancing Basics w/ Sondra	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
11	12	13	14	15
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	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 11:00am Line Dancing w/ Sondra	10:00am T'ai Chi w/ Dan 11:00am Line Dancing Basics w/ Sondra	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
18	19	20	21	22
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	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 11:00am Line Dancing w/ Sondra	10:00am T'ai Chi w/ Dan 11:00am Line Dancing Basics w/ Sondra	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
25	26	27	28	29
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	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 11:00am Line Dancing w/ Sondra	10:00am T'ai Chi w/ Dan 11:00am Line Dancing Basics w/ Sondra	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole

March 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 26	27	28	29	Mar 1 9:00am Ceramics w/ Sue 1:00pm Cards & Games
4 10:00am Ceramics w/ Sue 1:00pm Knitwits	5 10:00am Creative Expressions 10:00am Woodcarving 11:00am "RSV: The Vaccine and What You Need" 1:00pm Acting 1:00pm Bingo/Bridge	6 1:00pm Cards & Games	7 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	8 9:00am Ceramics w/ Sue 10:30am Book Club 1:00pm Cards & Games
11 10:00am Ceramics w/ Sue 1:00pm Knitwits	12 9:30am "The Nurse Is In" 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	13 1:00pm Cards & Games	14 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena 1:00pm Forever Young Bus. Mtg.	15 PM Programs Cancelled 9:00am Ceramics w/ Sue
18 10:00am Ceramics w/ Sue 1:00pm Knitwits	19 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	20 10:00am DMV Mobile Office Appt. Req'd. 1:00pm Cards & Games 1:30pm Caregiver Support Group 2:00pm "A Night For The Working Senior" 6:00pm Caregiver Support Group	21 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	22 9:00am Ceramics w/ Sue 1:00pm Cards & Games
25 10:00am Ceramics w/ Sue 1:00pm Knitwits	26 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	27 1:00pm Cards & Games	28 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	29 PM Programs Cancelled 9:00am Ceramics w/ Sue 10:00am "What's the Scoop?"

March 2024

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 26	27	28	29	Mar 1
				Lunch Menu - Egg Salad TODAY'S SHOPPING TRIP Shop-Rite
4	5	6	7	8
Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP *Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Lunch Menu - Grilled Chicken Breast TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	Lunch Menu - Omelet TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Pork Chops	Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Shop-Rite
11	12	13	14	15
Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Lunch Menu - Sweet & Sour Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	Lunch Menu - Ham & Cheese TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Beef Lasagna	Shopping Cancelled 12:00pm St. Patrick's Luncheon Res. Req'd
18	19	20	21	22
Lunch Menu - California Chicken "Burger" TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	Lunch Menu - Meatloaf TODAY'S SHOPPING TRIP Delicious Orchards	Lunch Menu - Turkey & cheese	Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Shop-Rite
25	26	27	28	29
Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - BBQ Spare Ribs	TODAY'S SHOPPING TRIP Shop-Rite 10:00am "What's The Scoop?" - Res. Req'd.