

August 2026

ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 3 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	4 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	5 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	6 10:00am T'ai Chi w/ Dan	7 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
10 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	11 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	12 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	13 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	14 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
17 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	18 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	19 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	20 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	21 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
24 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	25 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	26 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	27 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	28 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
31 Classes & Programs Cancelled	Sep 1	2	3	4

August 2026

ADULT ENRICHMENT PROGRAMS
(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 3 10:00am Ceramics w/ Sue 1:00pm Cards & Games	4 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Ageless Actors 1:00pm Bingo/Bridge	5 10:00am Diamond Art Club 1:00pm Cards & Games	6 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	7 9:00am Ceramics w/ Sue
10 10:00am Ceramics w/ Sue 1:00pm Cards & Games	11 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Ageless Actors 1:00pm Bingo/Bridge	12 10:00am Diamond Art Club 10:00am DMV Mobile Unit 1:00pm Cards & Games	13 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art 1:00pm Forever Young Bus. Mtg.	14 9:00am Ceramics w/ Sue
17 10:00am "The Nurse Is In" 10:00am Ceramics w/ Sue 1:00pm Cards & Games	18 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Ageless Actors 1:00pm Bingo/Bridge	19 10:00am Diamond Art Club 1:00pm Cards & Games	20 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	21 9:00am Ceramics w/ Sue
24 10:00am Ceramics w/ Sue 1:00pm Cards & Games	25 Bingo & Bridge Cancelled 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Ageless Actors 1:00pm PAS-1 Filing Workshop	26 1:00pm Cards & Games	27 10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	28 9:00am Ceramics w/ Sue
31 8:00am Classes & Programs Cancelled	Sep 1	2	3	4

August 2026

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 3 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	4 Lunch Menu - Tuscan Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)	5 Lunch Menu - Sausage Peppers & onions TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	6 Lunch Menu - Chicken Fajitas TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	7 Early 11am Lunch Menu - Tuna Sandwich
10 Lunch Menu - Spaghetti & Meatballs" TODAY'S SHOPPING TRIP Uncle Giuseppe's OR Trader Joe's	11 Lunch Menu - Sweet & Sour Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)	12 Lunch Menu - Peruvian Chicken TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	13 Lunch Menu - Beef Bolognese TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	14 Early 11am Lunch Menu- Turkey & Cheese
17 Lunch Menu - Fish Mac & Cheese TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	18 Lunch Menu - Balsamic Braised Turkey TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)	19 Lunch Menu - BBQ Chicken TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	20 Lunch Menu - Car Hop TODAY'S SHOPPING TRIP Long Branch Farmer's Market	21 Early 11am Lunch Menu-Egg Salad
24 Lunch Menu - Chicken Patty TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	25 Lunch Menu - Turkey Burger TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)	26 Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP An Afternoon In Ocean Grove	27 Lunch Menu - Beef Taco TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	28 Early 11am Lunch Menu - Ham & Cheese
31 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Sep 1	2	3	4