

December 2025

ADULT FITNES PROGRAMS
(SUBJECT TO CHANGE WITHOUT NOTICE)

December 2025						
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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 1 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	2 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	3 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	4 10:00am T'ai Chi w/ Dan	5 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
8 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9 Classes & Programs Cancelled Holiday Party	10 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	11 Classes & Programs Cancelled Holiday Party	12 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
15 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	16 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	17 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	18 10:00am T'ai Chi w/ Dan	19 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
22 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	23 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	24 Fitness Classes Cancelled	25 Christmas Day Senior Center & Mun. Bldg. Closed	26
29 Fitness Classes Cancelled	30 Fitness Classes Cancelled	31	Jan 1, 26	2

December 2025

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

December 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			

January 2026						
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Dec 1</div> <div>Lunch Menu - Salisbury Steak</div> <div>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</div>	<div>2</div> <div>Lunch Menu - Grilled Chicken</div> <div>TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby</div>	<div>3</div> <div>Lunch Menu - Ham & Cheese</div> <div>Shopping Cancelled</div>	<div>4</div> <div>Lunch Menu - Beef Lasagna</div> <div>TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's</div>	<div>5</div> <div>Lunch Menu - Breaded Flounder</div>
<div>8</div> <div>Lunch Menu - California Chicken "Burger"</div> <div>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</div>	<div>9</div> <div>Lunch Menu - Holiday Party Res. Req'd.</div>	<div>10</div> <div>Lunch Menu - Meatloaf</div> <div>TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby</div>	<div>11</div> <div>Lunch Menu - Holiday Party Res. Req'd.</div>	<div>12</div> <div>Lunch Menu - Turkey & Cheese</div>
<div>15</div> <div>Lunch Menu - Salisbury Steak</div> <div>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</div>	<div>16</div> <div>Lunch Menu - Tuna Salad</div> <div>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart OR Outlets)</div>	<div>17</div> <div>Lunch Menu - Turkey Dinner</div> <div>TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby</div>	<div>18</div> <div>Lunch Menu - BBQ Spare Ribs</div> <div>TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's</div>	<div>19</div> <div>Lunch Menu - Meatloaf</div> <div>TODAY'S SHOPPING TRIP Boscov's OR Macy's OR Uncle Giuseppe's</div>
<div>22</div> <div>Lunch Menu - Turkey Dinner</div> <div>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</div>	<div>23</div> <div>Lunch Menu - Egg Salad</div> <div>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</div>	<div>24</div> <div>Lunch Menu - 11am Early Lunch - Chili & Grilled Cheese</div>	<div>25</div> <div>Christmas Day</div> <div>Senior Center & Mun. Bldg. Closed</div>	<div>26</div> <div>Lunch Menu - Swedish Meatballs</div>
<div>29</div> <div>Lunch Menu - Tuna Salad</div> <div>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</div>	<div>30</div> <div>Lunch Menu - Breaded Flounder</div> <div>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</div>	<div>31</div> <div>Lunch Menu - 11am Early Lunch - NYE Pizza for Lunch</div>	<div>Jan 1, 26</div>	<div>2</div>

December 2025

ADULT ENRICHMENT PROGRAMS
(SUBJECT TO CHANGE WITHOUT NOTICE)

December 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			

January 2026						
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Dec 1</div> <div>10:00am Ceramics w/ Sue</div> <div>1:00pm Canasta</div> <div>1:00pm Knitwits</div>	<div>2</div> <div>10:00am Creative Expressions</div> <div>10:00am Woodcarving</div> <div>1:00pm Acting</div> <div>1:00pm Bingo/Bridge</div>	<div>3</div> <div>1:00pm Cards & Games</div> <div>1:00pm Holiday Decorating Party</div>	<div>4</div> <div>10:00am Ceramics/Exp. Fine Art</div> <div>1:00pm Bridge/Rummikub</div> <div>1:00pm Ceramics/Exp. Fine Art</div>	<div>5</div> <div>9:00am Ceramics w/ Sue</div> <div>1:00pm Cards & Games</div>
<div>8</div> <div>PM Programs Cancelled</div> <div>10:00am Ceramics w/ Sue</div>	<div>9</div> <div>Classes & Programs Cancelled</div> <div>Holiday Party</div>	<div>10</div> <div>PM Programs Cancelled</div>	<div>11</div> <div>Classes & Programs Cancelled</div> <div>Holiday Party</div>	<div>12</div> <div>9:00am Ceramics w/ Sue</div> <div>10:30am Book Club</div> <div>1:00pm Cards & Games</div>
<div>15</div> <div>10:00am Ceramics w/ Sue</div> <div>10:30am "The Nurse Is In"</div> <div>1:00pm Canasta</div> <div>1:00pm Knitwits</div>	<div>16</div> <div>10:00am Creative Expressions/Carving</div> <div>10:00am LD11 Mobile Outreach</div> <div>11:00am "Speech Therapy & You"</div> <div>1:00pm Acting/Bingo/Bridge</div>	<div>17</div> <div>10:00am Craft Workshop w/ Tena</div> <div>1:00pm Cards & Games</div>	<div>18</div> <div>9:30am HMH Wellness Screenings</div> <div>10:00am Ceramics/Exp. Fine Art</div> <div>1:00pm Bridge/Rummikub</div> <div>1:00pm Ceramics/Exp. Fine Art</div>	<div>19</div> <div>9:00am Ceramics w/ Sue</div> <div>1:00pm Cards & Games</div>
<div>22</div> <div>10:00am Ceramics w/ Sue</div> <div>1:00pm Canasta</div> <div>1:00pm Knitwits</div>	<div>23</div> <div>10:00am Creative Expressions</div> <div>10:00am Woodcarving</div> <div>1:00pm Acting</div> <div>1:00pm Bingo/Bridge</div>	<div>24</div> <div>PM Programs Cancelled</div>	<div>25</div> <div>Christmas Day</div> <div>Senior Center & Mun. Bldg. Closed</div>	<div>26</div> <div>PM Programs Cancelled</div>
<div>29</div> <div>PM Programs Cancelled</div>	<div>30</div> <div>PM Programs Cancelled</div>	<div>31</div> <div>PM Programs Cancelled</div>	<div>Jan 1, 26</div>	<div>2</div>