

July 2025

ADULT ENRICHMENT PROGRAMS
(SUBJECT TO CHANGE WITHOUT NOTICE)

July 2025							August 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
							31						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jun 30	Jul 1	2	3	4
	Classes & Programs Cancelled	11:00am Walk-In Therapy Services 1:00pm Cards & Games	Senior Center & Mun. Bldg. Closed	Independence Day Senior Center & Mun. Bldg. Closed
7	8	9	10	11
10:00am Ceramics w/ Sue 1:00pm Cards & Games	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	11:00am Walk-In Therapy Services 1:00pm Cards & Games	10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art 1:00pm Forever Young Bus. Mtg.	9:00am Ceramics w/ Sue 10:30am Book Club
14	15	16	17	18
10:00am Ceramics w/ Sue 1:00pm Cards & Games	10:00am Creative Expressions/Carving 10:00am LD11 Mobile Outreach 11:00am County Info Session 1:00pm Acting 1:00pm Bingo/Bridge	11:00am Walk-In Therapy Services 1:00pm Cards & Games	10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue
21	22	23	24	25
10:00am Ceramics w/ Sue 1:00pm Cards & Games	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	11:00am Walk-In Therapy Services 1:00pm Cards & Games	10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue
28	29	30	31	Aug 1
10:00am Ceramics w/ Sue 1:00pm Cards & Games	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	11:00am Walk-In Therapy Services 1:00pm Cards & Games	10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	

July 2025

ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

July 2025						
Su	Mo	Tu	We	Th	Fr	Sa
6	7	1	2	3	4	5
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	1	2
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
Jun 30	Jul 1	2	3	4
	Classes & Programs Cancelled	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	Senior Center & Mun. Bldg. Closed	Independence Day Senior Center & Mun. Bldg. Closed
7	8	9	10	11
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	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	10:00am T'ai Chi w/ Dan 11:00am Line Dancing	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
14	15	16	17	18
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	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	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
21	22	23	24	25
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	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	10:00am T'ai Chi w/ Dan 11:00am Line Dancing	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
28	29	30	31	Aug 1
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	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	10:00am T'ai Chi w/ Dan	

July 2025

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

July 2025							August 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
							31						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jun 30	Jul 1	2	3	4
	Lunch Menu -SUMMER KICK OFF BBQ	Lunch Menu - Egg Salad TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	Senior Center & Mun. Bldg. Closed	Independence Day Senior Center & Mun. Bldg. Closed
7	8	9	10	11
Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Lunch Menu - Breaded Flounder	Lunch Menu -Grilled Chicken/Gravy TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	Lunch Menu - Pork Chops	11am EARLY LUNCH Lunch Menu - Tuna Salad
14	15	16	17	18
Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	Lunch Menu - Fish/ Mac & Cheese TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Long Branch Farmer's Market	11am EARLY LUNCH Lunch Menu - Ham & Cheese
21	22	23	24	25
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 Shop-Rite OR Hobby Lobby	Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	11am EARLY LUNCH Lunch Menu - Turkey & Cheese
28	29	30	31	Aug 1
Lunch Menu - Salisbury Steak	Lunch Menu - Meatloaf	Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	Lunch Menu - BBQ Spare Ribs TODAY'S SHOPPING TRIP Long Branch Farmer's Market	