July 2025

ADULT ENRICHMENT PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

			July 2025	5					Α	ugust 20	25		
Su	Мо	Tu	We	Th	Fr	Sa	Su	Мо	Tu	We	Th	Fr	Sa
		1	2	3	4	5	2.5			771		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 31	25	26	27	28	29	30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jun 30	Jul 1	2	3	4
	Classes & Programs Cancelled	11:00am Walk-In Therapy Services	Senior Center & Mun. Bldg. Closed	Independence Day
	, states of the grants carried	1:00pm Cards & Games	Joenier Center & Mari, Blag, Closed	Senior Center & Mun. Bldg. Closed
				Total Center & Man. Diag. Closed
7	8	9	10	11
10:00am Ceramics w/ Sue	10:00am Creative Expressions	11:00am Walk-In Therapy Services	10:00am Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue
1:00pm Cards & Games	10:00am Woodcarving	1:00pm Cards & Games	1:00pm Bridge/Rummikub	10:30am Book Club
	1:00pm Acting		1:00pm Ceramics/Exp. Fine Art	
	1:00pm Bingo/Bridge		1:00pm Forever Young Bus. Mtg.	
14	15	16	17	18
10:00am Ceramics w/ Sue	10:00am Creative Expressions/Carving	11:00am Walk-In Therapy Services	10:00am Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue
1:00pm Cards & Games	10:00am LD11 Mobile Outreach	1:00pm Cards & Games	1:00pm Bridge/Rummikub	
	11:00am County Info Session		1:00pm Ceramics/Exp. Fine Art	
	1:00pm Acting			
	1:00pm Bingo/Bridge			
21	22	23	24	25
10:00am Ceramics w/ Sue	10:00am Creative Expressions	11:00am Walk-In Therapy Services	10:00am Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue
:00pm Cards & Games	10:00am Woodcarving	1:00pm Cards & Games	1:00pm Bridge/Rummikub	
	1:00pm Acting		1:00pm Ceramics/Exp. Fine Art	-
	1:00pm Bingo/Bridge			
28	29	30	31	Aug 1
				Aug 1
0:00am Ceramics w/ Sue	10:00am Creative Expressions	11:00am Walk-In Therapy Services	10:00am Ceramics/Exp. Fine Art	
1:00pm Cards & Games	10:00am Woodcarving	1:00pm Cards & Games	1:00pm Bridge/Rummikub	
	1:00pm Acting		1:00pm Ceramics/Exp. Fine Art	
	1:00pm Bingo/Bridge			

July 2025

ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

			July 202!	5					Α	ugust 20	25		
Su	Mo	Tu	We	Th	Fr	Sa	Su	Мо	Tu	We	Th	Fr	Sa
0.00		1	2	3	4	5	8					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
13 20 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	9:00am Shaping Up, Sitting Down w/ Nicole	Senior Center & Mun. Bldg. Closed	Independence Day
		10:00am Balance & Flexibility w/ Nicole		Senior Center & Mun. Bldg. Closed
7	8	9	10	11
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Standing Strong w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole	11:00am Line Dancing	10:00am Balance & Flexibility w/ Nicole
	11:00am Tai Chi w/ Dan	Totocam balance of Texasinity III, Tricole	Though Ene Daneing	11:00am Shaping Up, Sitting Down w/ Nicole
14	15	16	17	18
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Standing Strong w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole	30.0,2700 - 1 - 1 - 1 - 1 - 1 - 1	10:00am Balance & Flexibility w/ Nicole
	11:00am Tai Chi w/ Dan		String Settlem No. 11	11:00am Shaping Up, Sitting Down w/ Nicole
21	22	23	24	25
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Standing Strong w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole	11:00am Line Dancing	10:00am Balance & Flexibility w/ Nicole
	11:00am Tai Chi w/ Dan		Services of the Control of the Contr	11:00am Shaping Up, Sitting Down w/ Nicole
28	29	30	31	Aug 1
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Standing Strong w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am T'ai Chi w/ Dan	
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole		
	11:00am Tai 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	Мо	Tu	We	Th	Fr	Sa
6	7	1 8	2	3 10	4 11	5 12		3	4	5	6	7	1 8	2
13 20	14 21	15 22	16 23	17 24	18 25	19 26		10 17	11 18	12 19	13 20	14 21	15 22	16
20 27	28	29	30	31				24 31	25	26	27	28	29	30

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