June 2024

## ADULT FITNESS PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

June 2024						July 2024							
1	Мо	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
						1		1	2	3	4	5	6
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3	24	25	26	27	28	29	28	29	30	31		2.3	-
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			23 24 25 26 27 28 29 30	28 29 30 31
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jun 3  9:00am Shaping Up, Sitting Down w/ Nicole  10:00am Balance & Flexibility w/ Nicole	Primary Election Day   Programs & Classes Cancelled	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
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	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	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	20 10:00am T'ai Chi w/ Dan	21   Juneteenth Observed   Senior Center & Mun. Bldg. Closed
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	26	Classes w/ Nicole Cancelled  10:00am T'ai Chi w/ Dan	28 To Jul 5. →

**June 2024** 

## ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

 June 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jun 3	4	5	6	7
10:00am Ceramics w/ Sue	Primary Election Day	11:00am "The Power of Plants"	10:00am Ceramics w/ Ed	9:00am Ceramics w/ Sue
1:00pm Knitwits	Programs & Classes Cancelled	1:00pm Cards & Games	10:00am Exp. Fine Art w/ Tena	9:00am Mexican Dominoes
1:00pm Mah Jongg		,	1:00pm Bridge/Rummikub	
			1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	
10	11	12	13	14
10:00am Ceramics w/ Sue	9:30am "The Nurse Is In"	10:30am "Brain Health Jeopardy"	10:00am Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue
1:00pm Knitwits	10:00am Creative Expressions	1:00pm Cards & Games	10:00am Exp. Fine Art w/ Tena	9:00am Mexican Dominoes
1:00pm Mah Jongg	10:00am Woodcarving		10:30am Book Club	-
	1:00pm Acting		1:00pm Bridge/Rummikub	
	1:00pm Bingo/Bridge		1:00pm Ceramics/Exp. Fine Art	
			1:00pm Forever Young Bus. Mtg.	
17	18	19	20	21
10:00am Ceramics w/ Sue	10:00am Creative Expressions	10:30am "Hearing Health"	10:00am Ceramics w/ Ed	Juneteenth Observed
1:00pm Knitwits	10:00am Woodcarving	1:00pm Cards & Games	10:00am Exp. Fine Art w/ Tena	Senior Center & Mun. Bldg. Closed
1:00pm Mah Jongg	1:00pm Acting		1:00pm Bridge/Rummikub	
	1:00pm Bingo/Bridge		1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	
24	25	26	27	28
10:00am Ceramics w/ Sue	10:00am Creative Expressions	1:00pm Cards & Games	PM Cards Cancelled	9:00am Ceramics w/ Sue
1:00pm Knitwits	10:00am Woodcarving		Summer Kick-Off Luncheon	9:00am Mexican Dominoes
1:00pm Mah Jongg	1:00pm Acting		10:00am Ceramics w/ Ed	
	1:00pm Bingo/Bridge		10:00am Exp. Fine Art w/ Tena	
			1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	
	(a)			
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June 2024

## MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

June 2024						July 2024						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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24	25	26	27	28	29	28	29	30	31			-
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			23 24 25 26 27 28 29 30	28 29 30 31
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jun 3 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Primary Election Day Programs & Classes Cancelled	Lunch Menu - Chef Salad TODAY'S SHOPPING TRIP Shop-Rite	6 Lunch Menu - BBQ Spare Ribs TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	7   Early Lunch 11am   Lunch Menu - Soup & Dessert
10  Lunch Menu - Turkey Dinner  TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Lunch Menu - Egg Salad TODAY'S SHOPPING TRIP Rt, 66 (Home Depot OR Wal-Mart)	12  Lunch Menu - Beef Lasagna  TODAY'S SHOPPING TRIP Delicious Orchards	13 Lunch Menu - Chicken Parm TODAY'S SHOPPING TRIP Shop Rite	14   Early Lunch 11am   Lunch Menu - Soup & Dessert
17 Lunch Menu - Turkey & Cheese Shopping Cancelled Sundae is Monday	18 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	19 Lunch Menu - Omelet TODAY'S SHOPPING TRIP Shop-Rite	20 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	21   Juneteenth Observed     Senior Center & Mun. Bldg. Closed
24 Lunch Menu - Salisbury Steak Shopping Cancelled	25 Lunch Menu - Sweet & Sour Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	26 Lunch Menu - Ham & Cheese TODAY'S SHOPPING TRIP Shop-Rite	27 Shopping Cancelled Summer Kick-Off Lunch Res. Req'd.	28   Early Lunch 11am   Lunch Menu - Soup & Dessert