

June 2025

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Jun 2</div> <div>Lunch Menu - Pork Chops</div> <div>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</div>	<div>3</div> <div>Lunch Menu - Breaded Flounder</div> <div>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</div>	<div>4</div> <div>Lunch Menu - Tuna Salad</div> <div>TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby</div>	<div>5</div> <div>Lunch Menu - Cheese Omelet</div> <div>TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's</div>	<div>6</div> <div>11am Lunch</div> <div>Lunch Menu - Grilled Chicken</div>
<div>9</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>10</div> <div>Classes & Programs Canceled</div> <div>TODAY'S SHOPPING TRIP Uncle Giuseppe's</div>	<div>11</div> <div>Lunch Menu - Fish/Mac & Cheese</div> <div>TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby</div>	<div>12</div> <div>Lunch Menu - Beef Lasagna</div> <div>TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's</div>	<div>13</div> <div>11am Lunch</div> <div>Lunch Menu - Ham & Cheese</div>
<div>16</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>17</div> <div>Lunch Menu - Pork Chops</div> <div>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</div>	<div>18</div> <div>Lunch Menu - Meatloaf</div> <div>TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby</div>	<div>19</div> <div>Lunch Menu - Breaded Flounder</div> <div>TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's</div>	<div>20</div> <div>Juneteenth</div> <div>Senior Center & Mun. Bldg. Closed</div>
<div>23</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>24</div> <div>Lunch Menu - Tuna Salad</div> <div>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</div>	<div>25</div> <div>Lunch Menu - Turkey Dinner</div> <div>TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby</div>	<div>26</div> <div>Lunch Menu - BBQ Spare Ribs</div> <div>TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's</div>	<div>27</div> <div>11am Lunch</div> <div>Lunch Menu - Meatloaf</div>
<div>30</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>Jul 1</div>	<div>2</div>	<div>3</div>	<div>4</div>

June 2025

ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

June 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					

July 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		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jun 2	3	4	5	6
Fitness Classes Cancelled				
9	10	11	12	13
9:00am Shaping Up, Sitting Down w/ Nicole	Classes & Programs Cancelled	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	Election Day	10:00am Balance & Flexibility w/ Nicole	11:00am Line Dancing Club	10:00am Balance & Flexibility w/ Nicole
				11:00am Shaping Up, Sitting Down w/ Nicole
16	17	18	19	20
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	Juneteenth
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole		Senior Center & Mun. Bldg. Closed
	11:00am Tai Chi w/ Dan			
23	24	25	26	27
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 Club	10:00am Balance & Flexibility w/ Nicole
	11:00am Tai Chi w/ Dan			11:00am Shaping Up, Sitting Down w/ Nicole
30	Jul 1	2	3	4
9:00am Shaping Up, Sitting Down w/ Nicole				
10:00am Balance & Flexibility w/ Nicole				

June 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Jun 2</div> <div>10:00am Ceramics w/ Sue</div> <div>1:00pm Cards & Games</div>	<div>3</div> <div>10:00am Creative Expressions</div> <div>10:00am Woodcarving</div> <div>11:00am "Anti-Inflammatory Foods"</div> <div>1:00pm Acting</div> <div>1:00pm Bingo/Bridge</div>	<div>4</div> <div>10:30am "Grief and Loss" Group Session</div> <div>11:00am Walk-In Therapy Services</div> <div>1:00pm Cards & Games</div>	<div>5</div> <div>10:00am Ceramics/Exp. Fine Art</div> <div>1:00pm Bridge/Rummikub</div> <div>1:00pm Ceramics/Exp. Fine Art</div>	<div>6</div> <div>9:00am Ceramics w/ Sue</div>
<div>9</div> <div>10:00am Ceramics w/ Sue</div> <div>1:00pm Cards & Games</div>	<div>10</div> <div>Classes & Programs Cancelled</div> <div>Election Day</div>	<div>11</div> <div>10:30am "Grief and Loss" Group Session</div> <div>11:00am Walk-In Therapy Services</div> <div>1:00pm Cards & Games</div>	<div>12</div> <div>10:00am Ceramics/Exp. Fine Art</div> <div>1:00pm Bridge/Rummikub</div> <div>1:00pm Ceramics/Exp. Fine Art</div> <div>1:00pm Forever Young Bus. Mtg.</div>	<div>13</div> <div>9:00am Ceramics w/ Sue</div>
<div>16</div> <div>9:30am "The Nurse Is In"</div> <div>10:00am Ceramics w/ Sue</div> <div>1:00pm Cards & Games</div>	<div>17</div> <div>10:00am Bohemian Trivet Workshop</div> <div>10:00am LD11 Mobile Outreach</div> <div>10:00am Woodcarving</div> <div>1:00pm Acting</div> <div>1:00pm Bingo/Bridge</div>	<div>18</div> <div>10:30am "Grief and Loss" Group Session</div> <div>11:00am Walk-In Therapy Services</div> <div>1:00pm Cards & Games</div> <div>4:30pm Skin Cancer Screenings</div> <div>5:00pm "Summer Safety"</div>	<div>19</div> <div>10:00am Ceramics/Exp. Fine Art</div> <div>1:00pm Bridge/Rummikub</div> <div>1:00pm Ceramics/Exp. Fine Art</div>	<div>20</div> <div>Juneteenth</div> <div>Senior Center & Mun. Bldg. Closed</div>
<div>23</div> <div>10:00am Ceramics w/ Sue</div> <div>1:00pm Cards & Games</div>	<div>24</div> <div>10:00am Creative Expressions</div> <div>10:00am Woodcarving</div> <div>1:00pm Acting</div> <div>1:00pm Bingo/Bridge</div>	<div>25</div> <div>9:00am Angioscreenings Appt. Req'd.</div> <div>11:00am Walk-In Therapy Services</div> <div>1:00pm Cards & Games</div>	<div>26</div> <div>10:00am Ceramics/Exp. Fine Art</div> <div>1:00pm Bridge/Rummikub</div> <div>1:00pm Ceramics/Exp. Fine Art</div>	<div>27</div> <div>9:00am Ceramics w/ Sue</div>
<div>30</div> <div>10:00am Ceramics w/ Sue</div> <div>1:00pm Cards & Games</div>	<div>Jul 1</div>	<div>2</div>	<div>3</div>	<div>4</div>