

March 2025

ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

March 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					

April 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			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mar 3 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	4 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	5 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
10 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 11:00am Line Dancing Demo	14 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	18 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	19 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	20 10:00am T'ai Chi w/ Dan	21 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
24 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	25 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	26 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	27 10:00am T'ai Chi w/ Dan	28 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
31 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	Apr 1	2	3	4

March 2025

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mar 3 Lunch Menu - California Chicken "Burger" TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	4 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	5 Lunch Menu - Meatloaf TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	6 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	7 Lunch Menu - Turkey & Cheese
10 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	11 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	12 Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	13 Lunch Menu - BBQ Spare Ribs TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	14 Lunch Menu - St. Pat's Luncheon - Res. Req'd.
17 Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	18 Lunch Menu - Egg Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	19 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	20 Lunch Menu - Chicken Parm TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	21 Lunch Menu - Swedish Meatballs
24 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	25 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	26 Lunch Menu - Omelet TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	27 Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	28 Lunch Menu - "What's the Scoop?" - Res. Req'd.
31 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Apr 1	2	3	4

March 2025

ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mar 3 10:00am Ceramics w/ Sue 1:00pm Knitwits	4 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	5 1:00pm Cards & Games	6 10:00am Ceramics / Exp. Fine Art 10:00am Exp. Fine Art w/ Tena 11:00am "Therapy For Older Adults" 1:00pm Bridge/Rummikub 1:00pm Ceramics / Exp. Fine Art	7 9:00am Ceramics w/ Sue 1:00pm Cards & Games
10 10:00am Ceramics w/ Sue 11:00am "Fascinating Family Trees" 1:00pm Knitwits	11 9:30am "The Nurse Is In" 10:00am Woodcarving 11:00am Cookie Decorating 1:00pm Acting 1:00pm Bingo/Bridge	12 1:00pm Cards & Games	13 10:00am Ceramics / Exp. Fine Art 10:30am Book Club 1:00pm Bridge/Rummikub 1:00pm Ceramics / Exp. Fine Art 1:00pm Forever Young Bus. Mtg.	14 PM Programs Cancelled 9:00am Ceramics w/ Sue
17 10:00am Ceramics w/ Sue 11:00am "Your Gut and Mind" 1:00pm Knitwits	18 10:00am LD11 Mobile Outreach 10:00am Woodcarving 1:00pm "Happy Feet" 1:00pm Acting/Bingo/Bridge	19 9:00am DMV Mobile Unit 1:00pm Cards & Games 4:00pm "A Night For Working Seniors"	20 10:00am Ceramics / Exp. Fine Art 11:00am "Healthy Sleep" 1:00pm Bridge/Rummikub 1:00pm Ceramics / Exp. Fine Art	21 9:00am Ceramics w/ Sue 1:00pm Cards & Games
24 10:00am Ceramics w/ Sue 1:00pm Knitwits	25 Acting, Bingo & Bridge Cancelled PM Programs Cancelled 10:00am Woodcarving 1:00pm "Frauds and Scams"	26 1:00pm Cards & Games	27 10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena	28 9:00am Ceramics w/ Sue 1:00pm Cards & Games
31 10:00am Ceramics w/ Sue 1:00pm Knitwits	Apr 1	2	3	4