May 2024

ADULT FITNESS PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

			May 2024	4			June 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Мо	Tu	We	Th	Fr	Sa
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
19 26	27	28	29	30	31		23 30	24	25	26	27	28	29

				30
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 29	30	May 1 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	2 10:00am T'ai Chi w/ Dan	3 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
6 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	7 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	8 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9 10:00am T'ai Chi w/ Dan	10 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
13 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	14 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	15 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	16 10:00am T'ai Chi w/ Dan	17 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
20 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	21 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	22 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	23 10:00am T'ai Chi w/ Dan	24 Fitness Classes Cancelled
27 Memorial Day Mun. Bldg. & Senior Center Closed	28	Fitness Classes Cancelled	30	31

May 2024

ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

	May 2024						June 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23 30	24	25	26	27	28	29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 29	30	May 1	2	3
	pc	1:00pm Cards & Games	10:00am Ceramics w/ Ed	9:00am Ceramics w/ Sue
		1.00pm cards & dames	10:00am Exp. Fine Art w/ Tena	1:00pm Cards & Games
			12:30pm Scarlet Sound Performance	
			1:00pm Bridge/Rummikub	
			1:00pm Ceramics/Exp. Fine Art	
6	7	8	9	10
10:00am Ceramics w/ Sue	10:00am Creative Expressions	1:00pm Cards & Games	10:00am Ceramics w/ Ed	9:00am Ceramics w/ Sue
11:00am Fall Prevention Presentation	10:00am Woodcarving		10:00am Exp. Fine Art w/ Tena	10:00am Cards & Games
1:00pm Knitwits	1:00pm Acting		1:00pm Bridge/Rummikub	
•	1:00pm Bingo/Bridge		1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	
13	14	15	16	17
10:00am Ceramics w/ Sue	10:00am Creative Expressions	Cards & Games Cancelled	10:00am Ceramics w/ Ed	9:00am Ceramics w/ Sue
1:00pm Knitwits	10:00am Woodcarving	Constituent Services Fair 2-7pm	10:00am Exp. Fine Art w/ Tena	10:00am Cards & Games
	1:00pm Acting		1:00pm Bridge/Rummikub	
	1:00pm Bingo/Bridge		1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	
20	21	22	23	24
10:00am Ceramics w/ Sue	10:00am Creative Expressions	DMV Mobile Unit	10:00am Ceramics w/ Ed	Cards & Games Cancelled
1:00pm Knitwits	10:00am Woodcarving	1:00pm "Cultivating Wellness"	10:00am Exp. Fine Art w/ Tena	9:00am Ceramics w/ Sue
	1:00pm Acting	1:00pm Cards & Games	1:00pm Bridge/Rummikub	10:00am "What's the Scoop?"
	1:00pm Art Workshop w/ Tena		1:00pm Ceramics w/ Ed	
	1:00pm Bingo/Bridge		1:00pm Exp. Fine Art w/ Tena	
27	28	29	30	31
Memorial Day	10:00am Creative Expressions	1:00pm Cards & Games	Health Fair 10am-1pm	9:00am Ceramics w/ Sue
Mun. Bldg. & Senior Center Closed	10:00am Woodcarving		PM Games Cancelled	10:00am Cards & Games
	1:00pm Acting		10:00am Ceramics w/ Ed	
	1:00pm Bingo/Bridge		10:00am Exp. Fine Art w/ Tena	
			1:00pm Ceramics/Exp. Fine Art	

May 2024

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

	May 2024						June 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1 8	2	3 10	4	2	3	4	5	6	7	1
12 19	13 20	14 21	15 22	16 23	17 24	18 25	9 16	10 17	11 18	12 19	13 20	14 21	15 22
26	27	28	29	30	31		23 30	24	25	26	27	28	29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 29	30	May 1 Lunch Menu - BBQ Ribs	2 Lunch Menu - Meatloaf	3 Lunch Menu - Tuna
		Shopping Cancelled	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP
		1) Shopping currented	Stop & Shop or ALDI's	Shop-Rite
6	7	8	9	10
Lunch Menu - Taco Fiesta	Lunch Menu - Egg Salad	Lunch Menu - Turkey BLT Salad	Lunch Menu - Turkey Dinner	Early Lunch 11am
TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	Shopping Cancelled	TODAY'S SHOPPING TRIP	Lunch Menu - Swedish Meatballs
Seaview Square (includes drop off at	Rt. 66 (Home Depot OR Wal-Mart)		Shop-Rite	
Wegman's OR Target OR Costco)				
13	14	15	16	17
Lunch Menu - Tuna Salad	Lunch Menu - Grilled Chicken	Lunch Menu - Omelet	Lunch Menu - Pork Chops	Early Lunch 11am
TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	Lunch Menu - Breaded Flounder
Seaview Square (includes drop off at	Rt. 66 (Home Depot OR Wal-Mart)	Shop-Rite	Stop & Shop OR ALDI's	
Wegman's OR Target OR Costco)				
20	21	22	23	24
Lunch Menu - Salisbury Steak	Lunch Menu - Sweet & Sour Chicken	Early Lunch 11am	Lunch Menu - Beef Lasagna	10:00am "What's the Scoop"?
TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	Lunch Menu - Ham & Cheese	TODAY'S SHOPPING TRIP	
Seaview Square (includes drop off at	Rt. 66 (Home Depot OR Wal-Mart)	TODAY'S SHOPPING TRIP	Stop & Shop OR ALDI's	
Wegman's OR Target OR Costco)		Shop-Rite		
27	28	29	30	31
Memorial Day	Lunch Menu - Penne Pasta & Meatballs	Lunch Menu - Meatloaf	Lunch Menu - Hoagies to go	Early Lunch 11am
Mun. Bldg. & Center Closed	TODAY'S SHOPPING TRIP	TODAY'S SHOPPING TRIP	Shopping Cancelled	Lunch Menu - Turkey & Cheese
	Rt. 66 (Home Depot OR Wal-Mart)	Shop-Rite Shop-Rite		
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