September 2022

ADULT ENRICHMENT AND FITNESS PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

September 2022							October 2022							
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Ţu	We	Th	Fr	Sa	
				1	2	3							1	
4	5	6	7	8	9	10	2	3	4	5	6	7	8	
11	12	13.	14	15	16	17	9	10	11	12	13	14	15	
18	19	20	21	22	23	24	16	17	18	19	20	21	22	
25	26	27	28	29	30		23	24	25	26	27	28	29	
							30	31			0.0000	70.00		

MONDAY	TUESDAY	WEDNESDAY .	THURSDAY	FRIDAY
Aug 29	30	31	Sep 1	2
			. Classes & Proc	rams Cancelled
5	6	7	8	9
Labor Day	9:00am Mat Yoga w/ Nicole	9:00am Chair Yoga w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
Mun. Bldg. & Sen. Cen. Closed	10:00am Creative Expressions/Woodcarving	10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Pump It Up w/ Meg
•	10:00am Shaping Up, Sitting Down w/ Nicole	11:00am Line Dancing w/ Sondra	1:00pm Bridge	10:00am Sit -N- Fit w/ Meg
	11:00am Tai Chi w/ Dan	1:00pm Cards & Games	1:00pm Exp. Fine Art w/ Tena / Ceramics W/Ed	1:00pm Cards & Games
· · · · · · · · · · · · · · · · · · ·	1:00pm Bingo/Bridge/Acting		1:00pm Forever Young	.8
12	13	14	15	. 16
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Mat Yoga w/ Nicole	9:00am Chair Yoga w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
10:00am Basket Weaving	10:00am Creative Expressions/Woodcarving	10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Pump It Up w/ Meg
10:00am Ceramics w/ Sue	10:00am Shaping Up, Sitting Down w/ Nicole	11:00am Line Dancing w/ Sondra	1:00pm Bridge	10:00am "HIV And Aging Awareness"/ Sit -N- Fi
10:00am Total Body Solutions w/ Nicole	11:00am Tai Chi w/ Dan	1:30pm HMH Presents - "Arthritis Pain"	1:00pm Exp. Fine Art w/ Tena / Ceramics W/Ed	10:45am Intro to Italian
1:00pm Knitwits	1:00pm Bingo/Bridge/Acting			1:00pm Cards & Games
19	20	21	22	23
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Mat Yoga w/ Nicole	9:00am Chair Yoga w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
10:00am Basket Weaving	10:00am Creative Expressions/Woodcarving	10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Pump It Up w/ Meg
10:00am Ceramics w/ Sue	10:00am Shaping Up, Sitting Down w/ Nicole	11:00am Line Dancing w/ Sondra	1:00pm Bridge	10:00am Sit -N- Fit w/ Meg
10:00am Total Body Solutions w/ Nicole	11:00am Nutrition w/Diane West/ Tai Chi	1:00pm Cards & Games	1:00pm Exp. Fine Art w/ Tena / Ceramics W/Ed	10:45am Intro to Italian
1:00pm Knitwits	1:00pm Bingo/Bridge/Acting	1:30pm Caregiver Support Group	1:00pm Forever Young	1:00pm Cards & Games
26	27	28	29	30
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Mat Yoga w/ Nicole	9:00am Chair Yoga w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
10:00am Basket Weaving	10:00am Creative Expressions/Woodcarving	10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Pump It Up w/ Meg
10:00am Ceramics w/ Sue	10:00am Shaping Up, Sitting Down w/ Nicole	11:00am Line Dancing w/ Sondra	1:00pm Bridge	10:00am GCU Nursing Students/Sit -N- Fit
10:00am Total Body Solutions w/ Nicole	11:00am Tai Chi w/ Dan	1:00pm Cards & Games	1:00pm Exp. Fine Art w/ Tena / Ceramics W/Ed	10:45am Intro to Italian
1:00pm Knitwits	1:00pm Bingo/Bridge/Acting			1:00pm Cards & Games

September 2022

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

September 2022							October 2022							
Su	Mo	Tu	We	Th	Fr	Sa		Su	Mo	Tu	We	Th	Fr	Sa
-		10. 80		1	2	3								1
4	5	6	7	8	9	10		. 2	3	4	5	6	7	8
11	12	13	14	15	16	17	12	9	10	- 11	12	13	14	15
18	19 ·	20	21	22	23	24		16	17	18	19	20	21	22
25	26	27	28	29	. 30			23	24	25	26	27	28	29
						100		30	31			100000		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 29	30	31	Sep 1	2
			Lunch Menu - Beef Lasagna 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	Lunch Cancelled Shopping Cancelled
	6	7	8	9
Senior Center & Municipal Building Closed	Lunch Menu - Pork Chops 9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	Lunch Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Breaded Flounder 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	Lunch Menu - Turkey & Cheese 9:30am TODAY'S SHOPPING TRIP Shop-Rite
2	13	14	15	16
Lunch Menu - Salisbury Steak 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)	Lunch Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	Lunch Menu - Turkey Dinner 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - BBQ Spare Ribs 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	Lunch Menu - Tuna Salad 9:30am TODAY'S SHOPPING TRIP Shop-Rite
9	20	21	22	23
Lunch Menu - Chicken Parm 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)	Lunch Menu - Swedish Meatballs 9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	Lunch Menu - Beef Lasagna 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Grilled Chicken 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	Lunch Menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Shop-Rite
26	27	28	29	30
unch Menu - Tuna Salad :30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)	Lunch Menu - Breaded Flounder 9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	Lunch Menu - Omelet 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Chef Salad w/ Chicken 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	Lunch Menu - Grilled Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite