

May 2023

MENU AND SHOPPING SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

May 2023						
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			

June 2023						
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
<p>May 1</p> <p>Lunch Menu - Grilled Chicken</p> <p>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</p>	<p>2</p> <p>Lunch Menu - Salisbury Steak</p>	<p>3</p> <p>Lunch Menu - Ham & Cheese</p> <p>9:30am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>4</p> <p>Lunch Menu - Beef Lasagna</p>	<p>5</p> <p>Lunch Menu - Breaded Flounder</p> <p>9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General</p>
<p>8</p> <p>Lunch Menu - Roast Beef & Swiss</p> <p>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</p>	<p>9</p> <p>Lunch Menu - Pork Chops</p>	<p>10</p> <p>Lunch Menu - Open Face Meatloaf Sandwich</p> <p>9:30am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>11</p> <p>10:00am Men's & Women's Breakfast Res. Req'd.</p>	<p>12</p> <p>Lunch Menu - Turkey & Cheese</p> <p>9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)</p>
<p>15</p> <p>Lunch Menu - Salisbury Steak</p> <p>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</p>	<p>16</p> <p>Lunch Menu - Tuna Salad</p>	<p>17</p> <p>Lunch Menu - Turkey Dinner</p> <p>9:30am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>18</p> <p>Lunch Menu - BBQ Spare Ribs</p>	<p>19</p> <p>Lunch Menu - Hoagies Grab & Go Res. Req'd.</p> <p>9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General</p>
<p>22</p> <p>Lunch Menu - Ham & Cheese</p> <p>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</p>	<p>23</p> <p>Lunch Menu - Turkey Dinner</p>	<p>24</p> <p>Lunch Menu - Beef Lasagna</p> <p>9:30am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>25</p> <p>Lunch Menu - Special Lunch</p>	<p>26</p> <p>11am Early Lunch Menu - Tuna</p> <p>Shopping Cancelled</p>
<p>29</p> <p>Memorial Day</p> <p>Senior Center & Mun. Bldg. Closed</p>	<p>30</p> <p>Lunch Menu - Breaded Flounder</p>	<p>31</p> <p>Lunch Menu - Omelet</p> <p>9:30am TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>Jun 1</p>	<p>2</p>

May 2023

ADULT ENRICHMENT AND FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

May 2023

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			

June 2023

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
May 1 Sit & Fit w/ Meg Cancelled 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 10:00am Basket Weaving/ Ceramics w/ Sue 1:00pm Knitwits	2 9:00am & 10:00am Chair Yoga w/ Nicole 10:00am "Grow With Us" 10:00am Creative Expressions/Woodcarving 11:00am Tai Chi w/ Dan 1:00pm Bingo/Bridge/Acting	3 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra 1:00pm Cards & Games	4 10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed 10:00am Tai Chi w/ Dan 1:00pm Bridge 1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	5 9:00am Ceramics w/ Sue 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole 1:00pm Cards & Games
8 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 10:00am Basket Weaving/ Ceramics w/ Sue 11:00am Sit & Fit w/ Meg 1:00pm Knitwits	9 9:00am & 10:00am Chair Yoga w/ Nicole 9:30am The Nurse Is In 10:00am Creative Expressions/Woodcarving 11:00am Tai Chi w/ Dan 1:00pm Bingo/Bridge/Acting	10 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra 1:00pm Cards & Games 4:00pm Evening Open House	11 10:00am "What's The Scoop?" 10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed 10:00am Tai Chi w/ Dan 1:00pm Bridge/Forever Young 1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	12 9:00am Ceramics w/ Sue 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole 10:30am Book Club 1:00pm Cards & Games
15 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 10:00am Basket Weaving/ Ceramics w/ Sue 11:00am Sit & Fit w/ Meg 1:00pm Knitwits	16 9:00am & 10:00am Chair Yoga w/ Nicole 10:00am "Grow With Us" 10:00am Creative Expressions/Woodcarving 11:00am Tai Chi w/ Dan 1:00pm Bingo/Bridge/Acting	17 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra 1:00pm Cards & Games 1:30pm & 6:00pm Caregiver Support Group	18 10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed 10:00am Tai Chi w/ Dan 1:00pm Bridge 1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	19 Classes Cancelled Health Fair 10am-1pm
22 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 10:00am Basket Weaving/ Ceramics w/ Sue 11:00am Sit & Fit w/ Meg 1:00pm Knitwits	23 9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 10:00am Creative Expressions/Woodcarving 11:00am Tai Chi w/ Dan 1:00pm Bingo/Bridge/Acting/Craft	24 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra 1:00pm Cards & Games	25 Bridge Cancelled 10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed 10:00am Tai Chi w/ Dan 11:00am Older American Month Celebration 1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	26 PM Programs Cancelled 9:00am Ceramics w/ Sue 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole
29 Memorial Day Senior Center & Mun. Bldg. Closed	30 9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 10:00am Creative Expressions/Woodcarving 11:00am Tai Chi w/ Dan 1:00pm Bingo/Bridge/Acting	31 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra 1:00pm Cards & Games	Jun 1	2