

September 2023

ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

September 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

October 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 28	29	30	31	Sep 1 Classes & Programs Cancelled 1:00pm Cards & Games
4 Labor Day Municipal Building & Senior Center Closed	5 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	6 1:00pm Cards & Games	7 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	8 9:00am Ceramics w/ Sue 10:30am Book Club 1:00pm Cards & Games
11 10:00am Basket Weaving 10:00am Ceramics w/ Sue 1:00pm Knitwits	12 10:00am Creative Expressions 10:00am Woodcarving 11:00am Marty's Place Presentation 1:00pm Acting 1:00pm Bingo/Bridge	13 1:00pm Cards & Games 4:00pm "Night For Working Seniors" 4:00pm COVID Vaccine Clinic	14 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	15 9:00am Ceramics w/ Sue 1:00pm Cards & Games
18 10:00am Basket Weaving 10:00am Ceramics w/ Sue 1:00pm Knitwits	19 9:00am CentraState Mobile Health Van 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	20 1:00pm Cards & Games 1:30pm Caregiver Support Group 6:00pm Caregiver Support Group	21 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	22 9:00am Ceramics w/ Sue 1:00pm Cards & Games
25 10:00am Basket Weaving 10:00am Ceramics w/ Sue 1:00pm Knitwits	26 10:00am Creative Expressions 10:00am Woodcarving 11:00am GCU presents "Respiratory Problems" 1:00pm Acting 1:00pm Bingo/Bridge	27 10:00am DMV Mobile Office 1:00pm Cards & Games	28 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	29 9:00am Ceramics w/ Sue 10:00am "What's the Scoop?" 1:00pm Cards & Games

September 2023

ADULT FITNESS PROGRAMS

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October 2023

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 28	29	30	31	Sep 1 Classes & Programs Cancelled
4 Labor Day Municipal Building & Senior Center Closed	5 Tai Chi w/ Dan Cancelled 9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole	6 Line Dancing w/ Sondra Cancelled 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	7 10:00am T'ai Chi w/ Dan	8 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole
11 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing Basics w/ Sondra	12 9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	13 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	14 10:00am T'ai Chi w/ Dan	15 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole
18 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing Basics w/ Sondra	19 9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	20 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	21 10:00am T'ai Chi w/ Dan	22 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole
25 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing Basics w/ Sondra	26 9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	27 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	28 10:00am T'ai Chi w/ Dan	29 9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole

September 2023

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

September 2023

Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	8	9
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October 2023

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29	30	31				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 28	29	30	31	Sep 1 Breakfast Bar Cancelled Lunch Menu - Meatloaf
4 Labor Day Senior Center & Municipal Offices Closed	5 Lunch Menu - Beef Lasagna	6 Lunch Menu - Egg Salad 9:30am TODAY'S SHOPPING TRIP Shop-Rite	7 Lunch Menu - Chicken Parm Sandwich TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	8 Lunch Menu - Turkey & Cheese Shopping Cancelled
11 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	12 Lunch Menu - Breaded Flounder	13 Lunch Menu - Turkey & Cheese Shopping Cancelled	14 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	15 Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP Shop-Rite
18 Lunch Menu - Kielbasa & Sauerkraut TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	19 Lunch Menu - Sweet & Sour Chicken	20 Lunch Menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Shop-Rite	21 Lunch Menu - Beef Lasagna	22 Lunch Menu - Fish Sandwich TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General
25 Lunch Menu - California Chicken "Burger" TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	26 Lunch Menu - Pork Chops	27 Lunch Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Shop-Rite	28 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	29 Shopping Cancelled 10:00am "What's the Scoop?" Breakfast Series