

# November 2023

## MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

November 2023							December 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4						1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct 30	31	Nov 1	2	3
		Lunch Menu - Meatloaf	Lunch Menu - Breaded Flounder	Lunch Menu - Turkey & Cheese
		9:30am TODAY'S SHOPPING TRIP Shop-Rite		TODAY'S SHOPPING TRIP Shop-Rite
6	7	8	9	10
Lunch Menu - Salisbury Steak	Election Day	Lunch Menu - Sweet & Sour Chicken	Lunch Menu - BBQ Spare Ribs	Senior Center & Mun. Bldg. Closed
TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Regular Lunch Canceled 10:00am TODAY'S SHOPPING TRIP Monmouth Mall or Uncle Giuseppe's	9:30am TODAY'S SHOPPING TRIP Shop-Rite	9:30am TODAY'S SHOPPING TRIP Shop-Rite	
13	14	15	16	17
Lunch Menu - Hoagies	Lunch Menu - Egg Salad	Lunch Menu - Beef Lasagna	Lunch Menu - Chicken Parm	Lunch Menu - Swedish Meatballs
TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	9:30am TODAY'S SHOPPING TRIP Delicious Orchards	9:30am TODAY'S SHOPPING TRIP Shop-Rite	
20	21	22	23	24
Lunch Menu - Tuna Salad	Thanksgiving Luncheon Res. Req'd.	Early 11am Lunch Menu - Omelet	Senior Center & Mun. Bldg. Closed	Senior Center & Mun. Bldg. Closed
TODAY'S SHOPPING TRIP Shop-Rite			Thanksgiving	
27	28	29	30	Dec 1
Lunch Menu - Salisbury Steak	Lunch Menu - Grilled Chicken	Lunch Menu - Ham & Cheese	Lunch Menu - Beef Lasagna	
TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	9:30am TODAY'S SHOPPING TRIP Shop-Rite		

# November 2023

## ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

November 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		

December 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						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct 30	31	Nov 1	2	3
			Fitness Classes Cancelled	
6	7	8	9	10
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	Classes & Programs Cancelled Election Day	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	10:00am T'ai Chi w/ Dan	Senior Center & Mun. Bldg. Closed Veterans Day
13	14	15	16	17
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Shaping Up, Sitting Down w/ Nicole 11:00am Line Dancing Basics w/ Sondra
20	21	22	23	24
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	Classes & Programs Cancelled Thanksgiving Luncheon Res. Req'd.	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	Classes & Programs Cancelled Senior Center & Mun. Bldg. Closed Thanksgiving	Senior Center & Mun. Bldg. Closed
27	28	29	30	Dec 1
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	9:00am Chair Yoga w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Line Dancing w/ Sondra	10:00am T'ai Chi w/ Dan	

# November 2023

## ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

November 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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		

December 2023						
Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	1	2
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Oct 30</b> 	<b>31</b> 	<b>Nov 1</b> 1:00pm Cards & Games	<b>2</b> 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	<b>3</b> 9:00am Ceramics w/ Sue 1:00pm Cards & Games
<b>6</b> 10:00am Basket Weaving 10:00am Ceramics w/ Sue 1:00pm Knitwits	<b>7</b> Classes & Programs Cancelled Election Day	<b>8</b> 1:00pm Cards & Games 2:00pm Vaccine Clinic	<b>9</b> Ceramics w/Ed Cancelled 10:00am Exp. Fine Art w/ Tena 10:00am NTPD Presents "Frauds & Scams" 1:00pm Bridge/Rummikub 1:00pm Exp. Fine Art w/ Tena	<b>10</b> Senior Center & Mun. Bldg. Closed Veterans Day
<b>13</b> 10:00am Basket Weaving 10:00am Ceramics w/ Sue 11:00am GCU Presents "Pneumonia and the Prevnar Vaccine" 1:00pm Knitwits	<b>14</b> 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	<b>15</b> 9:00am DMV Mobile Outreach 1:00pm Cards & Games	<b>16</b> 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	<b>17</b> 9:00am Ceramics w/ Sue 1:00pm Cards & Games
<b>20</b> 10:00am Basket Weaving 10:00am Ceramics w/ Sue 1:00pm Knitwits	<b>21</b> Classes & Programs Cancelled Thanksgiving Luncheon Res. Req'd.	<b>22</b> PM Programs Cancelled	<b>23</b> Senior Center & Mun. Bldg. Closed Thanksgiving	<b>24</b> Senior Center & Mun. Bldg. Closed
<b>27</b> 10:00am Basket Weaving 10:00am Ceramics w/ Sue 1:00pm Knitwits	<b>28</b> 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	<b>29</b> 1:00pm Cards & Games	<b>30</b> 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	<b>Dec 1</b> 