

# December 2021

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

December 2021						
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	

January 2022						
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
Nov 29	30	Dec 1	2	3
		9:00am Chair Yoga w/ Nicole	10:00am Adv. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
		10:00am Balance & Flexibility w/ Nicole	10:00am Tai Chi w/ Dan	9:00am Pump It Up w/ Meg
		11:00am Line Dancing w/ Sondra	1:00pm Beg. Fine Art w/ Tena / Ceramics W/Ed	10:00am Sit -N- Fit w/ Meg
		1:00pm Cards & Games	1:00pm Bridge	1:00pm Cards & Games
6	7	8	9	10
	Classes w/ Nicole Cancelled		10:00am Adv. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
10:00am Basket Weaving	Classes w/ Tena Cancelled	11:00am Line Dancing w/ Sondra	10:00am Tai Chi w/ Dan	9:00am Pump It Up w/ Meg
10:00am Ceramics w/ Sue	10:00am "Care Coordination" Presentation	1:00pm Cards & Games	1:00pm Beg. Fine Art w/ Tena / Ceramics W/Ed	10:00am Sit -N- Fit w/ Meg
1:00pm Knitwits	10:00am Woodcarving		1:00pm Bridge	1:00pm Cards & Games
	1:00pm Bingo/Bridge/Perf.Workshop		1:00pm Forever Young	
13	14	15	16	17
9:00am Shaping Up, Sitting Down w/ Nicole	Holiday Party	9:00am Chair Yoga w/ Nicole	Holiday Party	9:00am Ceramics w/ Sue
10:00am Basket Weaving	Programs & Classes Cancelled	10:00am Balance & Flexibility w/ Nicole	Programs & Classes Cancelled	9:00am Pump It Up w/ Meg
10:00am Ceramics w/ Sue		11:00am Line Dancing w/ Sondra		10:00am Sit -N- Fit w/ Meg
10:00am Total Body Solutions w/ Nicole		1:00pm Cards & Games		1:00pm Cards & Games
1:00pm Knitwits				
20	21	22	23	24
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Mat Yoga w/ Nicole	9:00am Chair Yoga w/ Nicole	PM Programs Cancelled	Christmas Eve
10:00am Basket Weaving	10:00am Creative Expressions w/ Tena/	10:00am Balance & Flexibility w/ Nicole	10:00am Adv. Fine Art w/ Tena / Ceramics w/Ed	Senior Center & Municipal Bldg. Closed
10:00am Ceramics w/ Sue	10:00am Shaping Up, Sitting Down w/ Nicole	10:00am Technology 101 w/ Alexa	10:00am Tai Chi w/ Dan	
10:00am Total Body Solutions w/ Nicole	1:00pm Bingo/Bridge/Perf.Workshop	11:00am Line Dancing w/ Sondra		
1:00pm Knitwits	1:00pm Holiday Craft Workshop	1:00pm Cards & Games		
27	28	29	30	31
		All Programs & Classes Cancelled		New Year's Eve
				Senior Center & Municipal Bldg. Closed

# December 2021

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

December 2021							January 2022						
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	24	25	26	27	28	29
							30	31					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 29	30	Dec 1	2	3
		Lunch Menu - Meatloaf	Lunch Menu - Breaded Flounder	Lunch Menu - Turkey & Cheese
		9:30am TODAY'S SHOPPING TRIP Shop-Rite	9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop	9:30am TODAY'S SHOPPING TRIP Shop-Rite
6	7	8	9	10
Lunch Menu - Salisbury Steak	Lunch Menu - Taco Tuesday	Lunch Menu - Chef Salad	Lunch Menu - BBQ Spare Ribs	Lunch Menu - Asian Sesame Chicken Wrap
9:30am TODAY'S SHOPPING TRIP HOLIDAY SPECIAL TRIP Freehold Mall	9:30am TODAY'S SHOPPING TRIP Seaview Square Target OR Wegmans	9:30am TODAY'S SHOPPING TRIP Shop-Rite	9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop	9:30am TODAY'S SHOPPING TRIP Shop-Rite
13	14	15	16	17
Lunch Menu - Sweet & Sour Chicken	11:30am Holiday Luncheon Res. Req'd	Lunch Menu - Beef Lasagna	11:30am Holiday Luncheon Res. Req'd	Lunch Menu - Swedish Meatballs
9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)		9:30am TODAY'S SHOPPING TRIP Shop-Rite		9:30am TODAY'S SHOPPING TRIP Shop-Rite
20	21	22	23	24
Dine-In Holiday Movie Cinema Res. Req'd.				Senior Center & Municipal Building Closed
Lunch Menu - Tuna	Lunch Menu - Breaded Flounder	Lunch Menu - Omelet	11:00am Early Lunch Roast Beef & Swiss	
9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)	9:30am TODAY'S SHOPPING TRIP Seaview Square Target OR Wegmans	9:30am TODAY'S SHOPPING TRIP Shop-Rite		
27	28	29	30	31
Lunch Menu - Shepherd's Pie	Lunch Menu - Grilled Chicken	Lunch Menu - Ham & Cheese	11:00am Early Lunch New Year's Celebration Res. Req'd	Senior Center & Municipal Building Closed
9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)	9:30am TODAY'S SHOPPING TRIP Seaview Square Target OR Wegmans	9:30am TODAY'S SHOPPING TRIP Shop-Rite		