

February 2023

ADULT ENRICHMENT AND FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

February 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				

March 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
Jan 30	31	Feb 1	2	3
		9:00am Shaping Up, Sitting Down w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	Wear Red Day!
		10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Ceramics w/ Sue
		11:00am Line Dancing w/ Sondra	1:00pm Bridge	9:00am Standing Strong w/ Nicole
		1:00pm Cards & Games	1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	10:00am Shaping Up, Sitting Down w/ Nicole
				1:00pm Cards & Games
6	7	8	9	10
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Mat Yoga w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole/Acting	10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
10:00am Basket Weaving/ Ceramics w/ Sue	10:00am Creative Expressions/Woodcarving	11:00am Line Dancing w/ Sondra	1:00pm Bridge	10:00am Shaping Up, Sitting Down w/ Nicole
11:00am Pump It Up w/ Meg	11:00am Tai Chi w/ Dan	1:00pm Cards & Games	1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	10:30am Book Club
1:00pm Knitwits	1:00pm Bingo/Bridge		1:00pm Forever Young	1:00pm Cards & Games
13	14	15	16	17
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Mat Yoga w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole/Acting	10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
10:00am Basket Weaving/ Ceramics w/ Sue	10:00am Creative Expressions/Woodcarving	11:00am Line Dancing w/ Sondra	11:00am HMH Presents "Healthy Hearts..."	10:00am Shaping Up, Sitting Down w/ Nicole
11:00am Pump It Up w/ Meg	11:00am Tai Chi w/ Dan	1:00pm Cards & Games	1:00pm Bridge	1:00pm Cards & Games
1:00pm Knitwits	1:00pm Bingo/Bridge	1:30pm Caregiver Support Group	1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	
20	21	22	23	24
Presidents' Day	9:00am Mat Yoga w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	9:00am Ceramics w/ Sue
Senior Center & Mun. Bldg. Closed	10:00am Chair Yoga w/ Nicole/Acting	10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
	10:00am Creative Expressions/Woodcarving	11:00am Line Dancing w/ Sondra	1:00pm Bridge	10:00am Shaping Up, Sitting Down w/ Nicole
	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		1:00pm Forever Young	
27	28	Mar 1	2	3
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Mat Yoga w/ Nicole			
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole/Acting			
10:00am Basket Weaving/ Ceramics w/ Sue	10:00am Creative Expressions/Woodcarving			
11:00am Pump It Up w/ Meg	11:00am Tai Chi w/ Dan			
1:00pm Knitwits	1:00pm Bingo/Bridge			



February 2023

MENU AND SHOPPING SCHEDULE  
(SUBJECT TO CHANGE WITHOUT NOTICE)

February 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				

March 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
Jan 30	31	Feb 1	2	3
		Lunch Menu - Turkey Dinner	Lunch Menu - BBQ Spare Ribs	Lunch Menu - Roast Beef & Swiss
		9:30am TODAY'S SHOPPING TRIP Shop-Rite	9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	9:30am TODAY'S SHOPPING TRIP Shop-Rite
6	7	8	9	10
Lunch Menu - Meatloaf	Lunch Menu - Swedish Meatballs	Lunch Menu - Beef Lasagna	Lunch Menu - Chicken Parm	Lunch Menu - Egg Salad
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, Marshall's, Costco OR Wegmans)	9:30am TODAY'S SHOPPING TRIP Shop-Rite	9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	9:30am TODAY'S SHOPPING TRIP Shop-Rite
13	14	15	16	17
Lunch Menu - Grilled Chicken	Lunch Menu - Brunch for Lunch	Lunch Menu - Omelet	Lunch Menu - Pork Choppette	Lunch Menu - Tuna Salad
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, Marshall's, Costco OR Wegmans)	9:30am TODAY'S SHOPPING TRIP Shop-Rite	9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	9:30am TODAY'S SHOPPING TRIP Shop-Rite
20	21	22	23	24
Presidents' Day	Lunch Menu - Grilled Chicken	Lunch Menu - Breaded Flounder	Lunch Menu - Beef Lasagna	Lunch Menu - Egg Salad
Senior Center & Mun. Bldg. Closed	9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	9:30am TODAY'S SHOPPING TRIP Shop-Rite	9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General	9:30am TODAY'S SHOPPING TRIP Shop-Rite
27	28	Mar 1	2	3
Lunch Menu - Pork Choppette	Lunch Menu - Baked Chicken Patty			
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, Marshall's, Costco OR Wegmans)			