

February 2025

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

February 2025							March 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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2	3	4	5	6	7	8	2	3	4	5	6	7	8
9	10	11	12	13	14	15	9	10	11	12	13	14	15
16	17	18	19	20	21	22	16	17	18	19	20	21	22
23	24	25	26	27	28		23	24	25	26	27	28	29
							30	31					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 3 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	4 Lunch Menu - Meatloaf TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	5 Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	6 Lunch Menu - BBQ Spare Ribs TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	7 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby
10 Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	11 Lunch Menu - Chinese New Year Luncheon Res. Req'd. TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	12 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	13 Lunch Menu - Chicken Parm TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	14 Lunch Menu - Swedish Meatballs & Special Sweet Treat TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby
17 Presidents' Day Senior Center & Mun. Bldg. Closed	18 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	19 Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	20 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	21 Lunch Menu - Omelet TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby
24 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	25 Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	26 Lunch Menu - Ham & Cheese TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	27 Lunch Menu - Beef Lasagna Shopping Cancelled	28 "What's the Scoop?" Breakfast - Res. Req'd. TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby

February 2025

ADULT FITNESS PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

February 2025						
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March 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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23	24	25	26	27	28	29
30	31					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 3 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	4 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	5 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	6 10:00am T'ai Chi w/ Dan	7 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
10 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	11 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	12 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	13 10:00am T'ai Chi w/ Dan	14 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
17 Presidents' Day Senior Center & Mun. Bldg. Closed	18 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	19 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	20 10:00am T'ai Chi w/ Dan	21 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
24 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	25 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	26 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	27 10:00am T'ai Chi w/ Dan	28 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole

February 2025

ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

February 2025						
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March 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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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
Feb 3 10:00am Ceramics w/ Sue 1:00pm Knitwits	4 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	5 1:00pm Cards & Games	6 10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 11:00am "Energy Efficiency with NJNG" 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena	7 Wear Red for Women's Heart Health 9:00am Ceramics w/ Sue 1:00pm Cards & Games
10 10:00am Ceramics w/ Sue 1:00pm Knitwits	11 9:30am "The Nurse Is In" 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	12 1:00pm Cards & Games	13 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 1:00pm Forever Young Bus. Mtg.	14 9:00am Ceramics w/ Sue 10:30am Book Club 1:00pm Cards & Games
17 Presidents' Day Senior Center & Mun. Bldg. Closed	18 10:00am Creative Expressions 10:00am Woodcarving 11:00am "Healthy Heart" 1:00pm Acting 1:00pm Bingo/Bridge	19 1:00pm Cards & Games 4:00pm "A Night for the Working Senior"	20 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	21 9:00am Ceramics w/ Sue 1:00pm Cards & Games
24 10:00am Ceramics w/ Sue 1:00pm Knitwits	25 10:00am Creative Expressions 10:00am Woodcarving 10:30am "African American Spirituals" 1:00pm Acting 1:00pm Bingo/Bridge	26 1:00pm Cards & Games	27 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	28 9:00am Ceramics w/ Sue 1:00pm Cards & Games