

January 2025

ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

January 2025						
Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4
12	13	14	8	9	10	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25
			29	30	31	

February 2025						
Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	1
9	10	11	12	13	14	8
16	17	18	19	20	21	15
23	24	25	26	27	28	22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 30	31	Jan 1, 25 Classes Cancelled New Year's Day Senior Center & Mun. Bldg. Closed	2 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	3 9:00am Ceramics w/ Sue 1:00pm Cards & Games
6 10:00am Ceramics w/ Sue 1:00pm Knitwits	7 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	8 1:00pm Cards & Games	9 10:00am Ceramics w/ Ed/ Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed/ Exp. Fine Art W/ Tena 1:00pm Forever Young Bus. Mtg.	10 9:00am Ceramics w/ Sue 10:30am Book Club 1:00pm Cards & Games
13 10:00am Ceramics w/ Sue 1:00pm Knitwits	14 9:30am "The Nurse Is In" 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	15 1:00pm Cards & Games	16 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	17 9:00am Ceramics w/ Sue 1:00pm Cards & Games
20 MLK Day Senior Center & Mun. Bldg. Closed	21 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	22 1:00pm Cards & Games	23 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	24 9:00am Ceramics w/ Sue 1:00pm Cards & Games
27 10:00am Ceramics w/ Sue 1:00pm Knitwits	28 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	29 1:00pm Cards & Games	30 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	31 9:00am Ceramics w/ Sue 1:00pm Cards & Games

January 2025

ADULT FITNESS PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

January 2025						
Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4
12	13	14	8	9	10	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25
			29	30	31	

February 2025						
Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	1
9	10	11	12	13	14	8
16	17	18	19	20	21	15
23	24	25	26	27	28	22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 30	31	Jan 1, 25 Classes Cancelled New Year's Day Senior Center & Mun. Bldg. Closed	2 10:00am T'ai Chi w/ Dan	3 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
6 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	7 Tai Chi Cancelled 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole	8 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9 10:00am T'ai Chi w/ Dan	10 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
13 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	14 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	15 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	16 10:00am T'ai Chi w/ Dan	17 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
20 MLK Day Senior Center & Mun. Bldg. Closed	21 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	22 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	23 10:00am T'ai Chi w/ Dan	24 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
27 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	28 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	29 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	30 10:00am T'ai Chi w/ Dan	31 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole

January 2025

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

January 2025						
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	

February 2025						
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	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 30	31	Jan 1, 25 New Year's Day Senior Center & Mun. Bldg. Closed	2 Lunch Menu - BBQ Spare Ribs TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	3 Lunch Menu - Meatloaf TODAY'S SHOPPING TRIP Shop-Rite
6 Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	7 Lunch Menu - Egg Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	8 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Shop-Rite	9 Lunch Menu - Chicken Parm TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	10 Lunch Menu - Swedish Meatballs TODAY'S SHOPPING TRIP Shop-Rite
13 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	14 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	15 Lunch Menu - Omelet TODAY'S SHOPPING TRIP Uncle Giuseppe's OR Trader Joe's	16 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	17 Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP Shop-Rite
20 MLK Day Senior Center & Mun. Bldg. Closed	21 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	22 Lunch Menu - Ham & Cheese TODAY'S SHOPPING TRIP Shop-Rite Wall or Whole Foods	23 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	24 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Shop-Rite
27 Lunch Menu - California Chicken "Burger" TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	28 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	29 Lunch Menu - Meatloaf TODAY'S SHOPPING TRIP Shop-Rite	30 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	31 Lunch Menu - "What's the Scoop?" TODAY'S SHOPPING TRIP Shop-Rite