

July 2024

ADULT FITNESS PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

July 2024						
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			

August 2024						
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
Jul 1	2	3	4	5
	11:00am Tai Chi w/ Dan	Classes w/ Nicole Cancelled		Mun. Bldg. & Center Closed
			Independence Day Mun. Bldg. & Center Closed	
8	9	10	11	12
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong 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	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
15	16	17	18	19
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong 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	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
22	23	24	25	26
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong 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	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
29	30	31	Aug 1	2
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong 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		

July 2024

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

July 2024						
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			

August 2024						
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
<p>Jul 1</p> <p>Lunch Menu - California Chicken "Burger"</p> <p>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</p>	<p>2</p> <p>Lunch Menu - Pork Chops</p> <p>TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>3</p> <p>Early Lunch 11am - Meatloaf</p>	<p>4</p> <p>Independence Day</p> <p>Mun. Bldg. & Center Closed</p>	<p>5</p> <p>Mun. Bldg. & Center Closed</p>
<p>8</p> <p>Lunch Menu - Sweet & Sour Chicken</p> <p>TODAY'S SHOPPING TRIP Uncle Giuseppe's</p>	<p>9</p> <p>Lunch Menu - Tuna Salad</p> <p>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</p>	<p>10</p> <p>Lunch Menu - Tacos</p> <p>TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>11</p> <p>Lunch Menu - BBQ Spare Ribs</p> <p>TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's</p>	<p>12</p> <p>Early Lunch 11am</p> <p>Soup & Dessert</p>
<p>15</p> <p>Lunch Menu - Roast Beef & Swiss</p> <p>Sundae is Monday</p> <p>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</p>	<p>16</p> <p>Lunch Menu - Egg Salad</p> <p>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</p>	<p>17</p> <p>Lunch Menu - Beef Lasagna</p> <p>TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>18</p> <p>Lunch Menu - Chicken Parm</p> <p>TODAY'S SHOPPING TRIP Long Branch Farmer's Market</p>	<p>19</p> <p>Early Lunch 11am</p> <p>Soup & Dessert</p>
<p>22</p> <p>Lunch Menu - Tuna Salad</p> <p>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</p>	<p>23</p> <p>Lunch Menu - Breaded Flounder</p> <p>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</p>	<p>24</p> <p>Lunch Menu - Omelet</p> <p>TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>25</p> <p>Lunch Menu - Pork Chops</p> <p>TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's</p>	<p>26</p> <p>Early Lunch 11am</p> <p>Soup & Dessert</p>
<p>29</p> <p>Lunch Menu - Salisbury Steak</p> <p>TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)</p>	<p>30</p> <p>Lunch Menu - Sausage Pep & Onions w/ Pasta</p> <p>TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)</p>	<p>31</p> <p>Lunch Menu - Ham & Cheese</p> <p>TODAY'S SHOPPING TRIP Shop-Rite</p>	<p>Aug 1</p>	<p>2</p>

July 2024

ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

July 2024						
Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6
14	8	9	10	11	12	13
21	15	16	17	18	19	20
28	22	23	24	25	26	27
	29	30	31			

August 2024						
Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	1	2	3
11	12	13	14	8	9	10
18	19	20	21	15	16	17
25	26	27	28	22	23	24
				29	30	31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jul 1 10:00am Ceramics w/ Sue 1:00pm Knitwits 1:00pm Mah Jongg & Mex. Dom.	2 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	3 PM Programs Cancelled	4 Independence Day Mun. Bldg. & Center Closed	5 Mun. Bldg. & Center Closed
8 10:00am Ceramics w/ Sue 1:00pm Knitwits 1:00pm Mah Jongg & Mex. Dom.	9 9:30am "The Nurse Is In" 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	10 1:00pm Cards & Games	11 10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art 1:00pm Forever Young Bus. Mtg.	12 9:00am Ceramics w/ Sue 10:00am Book Club
15 10:00am Ceramics w/ Sue 1:00pm Knitwits 1:00pm Mah Jongg & Mex. Dom.	16 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	17 10:00am Vaccines & Medicare Presentation 1:00pm Cards & Games	18 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	19 9:00am Ceramics w/ Sue
22 10:00am Ceramics w/ Sue 1:00pm Knitwits 1:00pm Mah Jongg & Mex. Dom.	23 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	24 1:00pm "Cultivating Wellness" 1:00pm Cards & Games	25 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	26 9:00am Ceramics w/ Sue
29 10:00am Ceramics w/ Sue 1:00pm Knitwits 1:00pm Mah Jongg & Mex. Dom.	30 Classes w/Tena Cancelled 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	31 9:00am DMV Mobile Outreach 1:00pm Cards & Games	Aug 1	2