

March 2023

ADULT ENRICHMENT AND FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

March 2023							April 2023						
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						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 27	28	Mar 1	2	3
		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 T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
		11:00am Line Dancing w/ Sondra	1:00pm Bridge	10:00am Shaping Up, Sitting Down w/ Nicole
		1:00pm Cards & Games	1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	1:00pm Cards & Games
6	7	8	9	10
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Chair 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 Sit & Fit w/ Meg - NEW!	11:00am Tai Chi w/ Dan/"M.I.N.D. Diet"	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/Acting		1:00pm Forever Young	1:00pm Cards & Games
13	14	15	16	17
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Chair Yoga w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am Exp. Fine Art w/ Tena / Ceramics w/Ed	PM Programs Cancelled
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Ceramics w/ Sue
10:00am Basket Weaving/ Ceramics w/ Sue	10:00am Creative Expressions/Woodcarving	11:00am Line Dancing w/ Sondra	1:00pm Bridge	9:00am Standing Strong w/ Nicole
11:00am Sit & Fit w/ Meg - NEW!	11:00am Tai Chi w/ Dan	1:00pm Cards & Games	1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	10:00am Shaping Up, Sitting Down w/ Nicole
1:00pm Knitwits	1:00pm Bingo/Bridge/Acting	1:30pm Caregiver Support Group 1:30 & 6:00		
20	21	22	23	24
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Chair 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 "While You Wait"	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 Chair Yoga/Acting/Creat. Exp./WC	11:00am Line Dancing w/ Sondra	1:00pm Bridge	10:00am Shaping Up, Sitting Down w/ Nicole
11:00am Sit & Fit w/ Meg - NEW!	11:00am Tai Chi w/ Dan	1:00pm Cards & Games	1:00pm Exp. Fine Art w/ Tena / Ceramics w/Ed	11:00am GCU Presents "Kidney Disease"
1:00pm Knitwits	1:00pm Bingo/Bridge/Acting		1:00pm Forever Young	1:00pm Cards & Games
27	28	29	30	31
9:00am Shaping Up, Sitting Down w/ Nicole	9:30am Mobile Health Van	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	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 Sit & Fit w/ Meg - NEW!	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 Knitwits	1:00pm Bingo/Bridge/Acting			

March 2023

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

March 2023							April 2023						
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						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 27	28	Mar 1	2	3
		Lunch Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Breaded Flounder	Lunch Menu - Turkey and Cheese 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General
6	7	8	9	10
Lunch Menu - Salisbury Steak 9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	Lunch Menu - Turkey Dinner	Lunch Menu - BBQ Spare Ribs 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Meatloaf	Lunch Menu - Tuna 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)
13	14	15	16	17
Lunch Menu - Chicken, Peppers & Onions 9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	Lunch Menu - Swedish Meatballs	Lunch Menu - Beef Lasagna 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Chicken Parm	Lunch Menu - St. Patrick's Day Luncheon Res. Req'd. Shopping Cancelled
20	21	22	23	24
Lunch Menu - Breaded Flounder 9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	Lunch Menu - Grilled Chicken	Lunch Menu - Omelet 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Pork Chops	Lunch Menu - Egg Salad 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store OR Stop & Shop OR Dollar General
27	28	29	30	31
Lunch Menu - Salisbury Steak 9:30am TODAY'S SHOPPING TRIP Seaview Square (Target, Marshall's, Costco OR Wegmans)	Lunch Menu - Grilled Chicken	Lunch Menu - Breaded Flounder 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Beef Lasagna	Lunch Menu - Tuna TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart OR Home Depot)