

# November 2024

## ADULT FITNESS PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

| November 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 |

| December 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  |
|--|--|--|-------------------------------|---|
| Oct 28   | 29   | 30   | 31                            | Nov 1<br>Fitness Classes Canceled- Early Voting   |
| 4<br>9:00am Shaping Up, Sitting Down w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole<br>11:00am Sit & Fit w/ Meg  | 5<br>CLASSES & PROGRAMS CANCELLED<br>ELECTION DAY  | 6<br>9:00am Shaping Up, Sitting Down w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole  | 7<br>10:00am T'ai Chi w/ Dan  | 8<br>9:00am Standing Strong w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole<br>11:00am Shaping Up, Sitting Down w/ Nicole  |
| 11<br>VETERAN'S DAY - CLOSED   | 12<br>9:00am Standing Strong w/ Nicole<br>10:00am Chair Yoga w/ Nicole<br>11:00am Tai Chi w/ Dan | 13<br>9:00am Shaping Up, Sitting Down w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole | 14<br>10:00am T'ai Chi w/ Dan | 15<br>9:00am Standing Strong w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole<br>11:00am Shaping Up, Sitting Down w/ Nicole |
| 18<br>9:00am Shaping Up, Sitting Down w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole<br>11:00am Sit & Fit w/ Meg | 19<br>9:00am Standing Strong w/ Nicole<br>10:00am Chair Yoga w/ Nicole<br>11:00am Tai Chi w/ Dan | 20<br>9:00am Shaping Up, Sitting Down w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole | 21<br>10:00am T'ai Chi w/ Dan | 22<br>9:00am Standing Strong w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole<br>11:00am Shaping Up, Sitting Down w/ Nicole |
| 25<br>9:00am Shaping Up, Sitting Down w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole<br>11:00am Sit & Fit w/ Meg | 26<br>THANKSGIVING LUNCHEON - RES. REQUIRED  | 27<br>9:00am Shaping Up, Sitting Down w/ Nicole<br>10:00am Balance & Flexibility w/ Nicole | 28<br>THANKSGIVING - CLOSED   | 29<br>THANKSGIVING - CLOSED   |



# November 2024

## ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

| November 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 |

| December 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   |
|--|---|---|--|--|
| Oct 28   | 29  | 30  | 31   | Nov 1<br>9:00am Ceramics w/ Sue<br>1:00pm Cards & Games                  |
| 4<br>10:00am Ceramics w/ Sue<br>1:00pm Knitwits  | 5<br>CLASSES & PROGRAMS CANCELLED<br>ELECTION DAY   | 6<br>1:00pm Cards & Games                           | 7<br>10:00am Ceramics w/ Ed<br>10:00am Exp. Fine Art w/ Tena<br>11:00am "Incontinence"<br>1:00pm Bridge/Rummikub<br>1:00pm Ceramics w/ Ed        | 8<br>9:00am Ceramics w/ Sue<br>10:30am Book Club<br>1:00pm Cards & Games |
| 11<br>VETERAN'S DAY - CLOSED                     | 12<br>10:00am Creative Expressions<br>10:00am Woodcarving<br>1:00pm Acting<br>1:00pm Bingo/Bridge | 13<br>1:00pm Cards & Games<br>3:00pm Vaccine Clinic | 14<br>10:00am Ceramics w/ Ed<br>10:00am Exp. Fine Art w/ Tena<br>1:00pm Bridge/Rummikub<br>1:00pm Ceramics w/ Ed<br>1:00pm Exp. Fine Art w/ Tena | 15<br>9:00am Ceramics w/ Sue<br>1:00pm Cards & Games                     |
| 18<br>10:00am Ceramics w/ Sue<br>1:00pm Knitwits | 19<br>10:00am Creative Expressions<br>10:00am Woodcarving<br>1:00pm Acting<br>1:00pm Bingo/Bridge | 20<br>1:00pm Cards & Games                          | 21<br>10:00am Ceramics w/ Ed<br>10:00am Exp. Fine Art w/ Tena<br>1:00pm Bridge/Rummikub<br>1:00pm Ceramics w/ Ed<br>1:00pm Exp. Fine Art w/ Tena | 22<br>9:00am Ceramics w/ Sue<br>1:00pm Cards & Games                     |
| 25<br>10:00am Ceramics w/ Sue<br>1:00pm Knitwits | 26<br>THANKSGIVING LUNCHEON - RES. REQUIRED   | 27<br>1:00pm Cards & Games                          | 28<br>THANKSGIVING - CLOSED  | 29<br>THANKSGIVING - CLOSED  |



# November 2024

## MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

| November 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 |

| December 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  |
|---|--|--|---|---|
| Oct 28  | 29   | 30   | 31  | Nov 1<br>Lunch Menu - Swedish Meatballs<br>TODAY'S SHOPPING TRIP<br>Shop-Rite |
| 4<br>Lunch Menu - Tuna Salad<br>TODAY'S SHOPPING TRIP<br>Seaview Square (includes drop off at Wegman's OR Target OR Costco)             | 5<br>ELECTION DAY<br>LUNCH CANCELLED   | 6<br>Lunch Menu - Breaded Flounder<br>TODAY'S SHOPPING TRIP<br>Shop-Rite   | 7<br>Lunch Menu - Pork Chops<br>TODAY'S SHOPPING TRIP<br>Stop & Shop OR ALDI's        | 8<br>Lunch Menu - Grilled Chicken<br>TODAY'S SHOPPING TRIP<br>Shop-Rite       |
| 11<br>VETERAN'S DAY - CLOSED  | 12<br>Lunch Menu - Salisbury Steak<br>TODAY'S SHOPPING TRIP<br>Rt. 66 (Home Depot OR Wal-Mart) | 13<br>Lunch Menu - Fish/Mac & Cheese<br>TODAY'S SHOPPING TRIP<br>Shop-Rite | 14<br>Lunch Menu - Beef Lasagna<br>TODAY'S SHOPPING TRIP<br>Stop & Shop OR ALDI's     | 15<br>Lunch Menu - Ham & Cheese<br>TODAY'S SHOPPING TRIP<br>Shop-Rite         |
| 18<br>Lunch Menu - Cali Chicken "Burger"<br>TODAY'S SHOPPING TRIP<br>Seaview Square (includes drop off at Wegman's OR Target OR Costco) | 19<br>Lunch Menu - Pork Chops<br>TODAY'S SHOPPING TRIP<br>Rt. 66 (Home Depot OR Wal-Mart)      | 20<br>Lunch Menu - Meatloaf<br>TODAY'S SHOPPING TRIP<br>Delicious Orchards | 21<br>Lunch Menu - Breaded Flounder<br>TODAY'S SHOPPING TRIP<br>Stop & Shop OR ALDI's | 22<br>Lunch Menu - Turkey & Cheese<br>TODAY'S SHOPPING TRIP<br>Shop-Rite      |
| 25<br>Lunch Menu - Salisbury Steak<br>TODAY'S SHOPPING TRIP<br>Seaview Square (includes drop off at Wegman's OR Target OR Costco)       | 26<br>THANKSGIVING LUNCHEON-RES REQUIRED   | 27<br>EARLY LUNCH - 11:00AM<br>Lunch Menu - Hot Turkey Sandwich            | 28<br>THANKSGIVING - CLOSED   | 29<br>THANKSGIVING - CLOSED   |