November 2026

ADULT FITNESS PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

November 2026

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 2026

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
Nov 2 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	3 Election Day Programs & Classes Canceled	4 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	5 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	6 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
9 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	10 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	11 Senior Center & Mun. Bldg. Closed Veteran's Day	12 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	13 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
16 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	17 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	18 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Zumba Gold Demo	19 10:00am T'ai Chi w/ Dan 11:00am Line Dancing Club	20 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
23 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	24 Programs & Classes Canceled Thanksgiving Luncheon	25 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	26 Senior Center & Mun. Bldg. Closed Thanksgiving	27 Senior Center & Mun. Bldg. Closed
30 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	Dec 1	2	3	4

November 2026

MENU AND SHOPPING SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

November 2026

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 2026

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
Nov 2 Lunch Menu - Fish Mac & Cheese TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	3 Election Day Programs & Classes Canceled TODAY'S SHOPPING TRIP Uncle Giuseppe's or Monmouth Mall	4 Lunch Menu - BBQ Chicken TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	5 Lunch Menu -Beef Fajita TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	6 Lunch Menu - Turkey & Cheese
9 Lunch Menu - Swedish Meatballs TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	10 Lunch Menu -Sweet & Sour Chicken TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	11 Senior Center & Mun. Bldg. Closed Veteran's Day	12 Lunch Menu - Hot Dogs TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	13 Lunch Menu -Veterans Breakfast
16 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	17 Lunch Menu - Fish Mac & Cheese TODAY'S SHOPPING TRIP Delicious Orchards	18 Lunch Menu - Balsamic Braised Chicken TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	19 Lunch Menu - Tacos TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	20 Lunch Menu - Chicken Salad
23 Lunch Menu - Meatloaf TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	24 Lunch Menu - Thanksgiving Luncheon	25 Lunch Menu - Beef Bolognese TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	26 Senior Center & Mun. Bldg.Closed Thanksgiving	27 Senior Center & Mun. Bldg. Closed
30 Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Dec 1	2	3	4

November 2026

ADULT ENRICHMENT PROGRAMS

(SUBJECT TO CHANGE WITHOUT NOTICE)

November 2026

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 2026

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
Nov 2 10:00am Ceramics w/ Sue 1:00pm Canasta 1:00pm Knitting	3 Election Day Programs & Classes Canceled	4 10:00am Diamond Art Club 1:00pm Cards & Games	5 10:00am Ceramics/Exp. Fine Art 1:00pm Ceramics/Exp. Fine Art 1:00pm Forever Young 1:00pm Rummikub	6 9:00am Ceramics w/ Sue 1:00pm Cards & Games
9 10:00am Ceramics w/ Sue 11:00am "How Blue Foods Can Improve Your Health" 1:00pm Canasta 1:00pm Knitting	10 10:00am Creative Expressions 10:00am Woodcarving 1:00pm Ageless Actors/Bingo	11 Senior Center & Mun. Bldg. Closed Veteran's Day	12 10:00am Ceramics/Exp. Fine Art 1:00pm Ceramics/Exp. Fine Art 1:00pm Rummikub	13 9:00am Ceramics w/ Sue 1:00pm Cards & Games
16 10:00am Ceramics w/ Sue 1:00pm Canasta 1:00pm Knitting	17 10:00am Creative Expressions 10:00am Woodcarving 11:00am "Managing Diabetes" 1:00pm Ageless Actors/Bingo	18 10:00am Diamond Art Club 1:00pm Cards & Games	19 10:00am Ceramics/Exp. Fine Art 1:00pm Ceramics/Exp. Fine Art 1:00pm Rummikub	20 9:00am Ceramics w/ Sue 10:30am Book Club 1:00pm Cards & Games
23 10:00am "The Nurse is In" 10:00am Ceramics w/ Sue 1:00pm Canasta 1:00pm Knitting	24 Programs & Classes Canceled Thanksgiving Luncheon	25 PM Programs Canceled 10:00am Diamond Art Club	26 Senior Center & Mun. Bldg. Closed Thanksgiving	27 Senior Center & Mun. Bldg. Closed
30 10:00am Ceramics w/ Sue 1:00pm Canasta 1:00pm Knitting	Dec 1	2	3	4