

October 2024

MENU AND SHOPPING SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 30	Oct 1	2	3	4
	Lunch Menu - Breaded Flounder	Lunch Menu - Omelet	Lunch Menu - Pork Chops	Lunch Menu - Oktoberfest
	TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	TODAY'S SHOPPING TRIP Shop-Rite	TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	TODAY'S SHOPPING TRIP Shop-Rite
7	8	9	10	11
Lunch Menu - Salisbury Steak	Lunch Menu - Grilled Chicken	Lunch Menu - Ham & Cheese	Lunch Menu - Beef Lasagna	Lunch Menu - Breaded Flounder
TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	TODAY'S SHOPPING TRIP Shop-Rite	TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	TODAY'S SHOPPING TRIP Shop-Rite
14	15	16	17	18
Lunch Menu - California Chicken "Burger"	Lunch Menu - Pork Chops	Lunch Menu - Meatloaf	Lunch Menu - Breaded Flounder	Lunch Menu - Turkey & Cheese
TODAY'S SHOPPING TRIP Battleview Orchards	TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	TODAY'S SHOPPING TRIP Shop-Rite	TODAY'S SHOPPING TRIP Uncle Giuseppe's	TODAY'S SHOPPING TRIP Shop-Rite
21	22	23	24	25
Lunch Menu - Salisbury Steak	Lunch Menu - Tuna Salad	Lunch Menu - Turkey Dinner	Lunch Menu - BBQ Spare Ribs	Lunch Menu - "What's the Scoop"
Sundae is Monday	TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	TODAY'S SHOPPING TRIP Shop-Rite	TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	TODAY'S SHOPPING TRIP Shop-Rite
28	29	30	31	Nov 1
Lunch Menu - Turkey Dinner	Lunch Menu - Egg Salad	Lunch Menu - Beef Lasagna	Lunch Menu - Chicken Parm	
TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	TODAY'S SHOPPING TRIP Shop-Rite	TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	



October 2024

ADULT ENRICHMENT PROGRAMS  
(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 30	Oct 1	2	3	4
	10:00am Creative Expressions	1:00pm Cards & Games	10:00am Ceramics w/ Ed	9:00am Ceramics w/ Sue
	10:00am Woodcarving		10:00am Exp. Fine Art w/ Tena	1:00pm Cards & Games
	1:00pm Acting		1:00pm Bridge/Rummikub	
	1:00pm Bingo/Bridge CANCELLED		1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	
7	8	9	10	11
10:00am Ceramics w/ Sue	10:00am Creative Expressions	1:00pm Cards & Games	10:00am Ceramics w/ Ed	9:00am Ceramics w/ Sue
1:00pm Knitwits	10:00am Woodcarving		10:00am Exp. Fine Art w/ Tena	10:30am Book Club
	11:00am "Signs of Strokes & Heart Attacks"		1:00pm Bridge/Rummikub	1:00pm Cards & Games
	1:00pm Acting		1:00pm Ceramics / Exp. Fine Art	
	1:00pm Bingo/Bridge		1:00pm Forever Young Bus. Mtg.	
14	15	16	17	18
Columbus Day	10:00am Creative Expressions	1:00pm Cards & Games	10:00am Ceramics w/ Ed	9:00am Ceramics w/ Sue
Senior Center & Mun. Bldg. Closed	10:00am Woodcarving		10:00am Exp. Fine Art w/ Tena	1:00pm Cards & Games
	1:00pm Acting		1:00pm Bridge/Rummikub	
	1:00pm Bingo/Bridge		1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	
21	22	23	24	25
10:00am Ceramics w/ Sue	10:00am Creative Expressions	1:00pm "Cultivating Wellness"	10:00am Ceramics w/ Ed	9:00am Ceramics w/ Sue
1:00pm Knitwits	10:00am Woodcarving	1:00pm Cards & Games	10:00am Exp. Fine Art w/ Tena	1:00pm Cards & Games
	1:00pm Acting	3:00pm Vaccine Clinic	1:00pm Bridge/Rummikub	
	1:00pm Bingo/Bridge		1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	
28	29	30	31	Nov 1
10:00am Ceramics w/ Sue	10:00am Creative Expressions	1:00pm Cards & Games	10:00am Ceramics w/ Ed	
1:00pm Knitwits	10:00am Woodcarving		10:00am Exp. Fine Art w/ Tena	
	1:00pm Acting		1:00pm Bridge/Rummikub	
	1:00pm Bingo/Bridge		1:00pm Ceramics w/ Ed	
			1:00pm Exp. Fine Art w/ Tena	



October 2024

ADULT FITNESS PROGRAMS  
(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 30	Oct 1	2	3	4
	9:00am Standing Strong w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole		10:00am Balance & Flexibility w/ Nicole
	11:00am Tai Chi w/ Dan			11:00am Shaping Up, Sitting Down w/ Nicole
7	8	9	10	11
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Standing Strong w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole		10:00am Balance & Flexibility w/ Nicole
11:00am Sit & Fit w/ Meg	11:00am Tai Chi w/ Dan			11:00am Shaping Up, Sitting Down w/ Nicole
14	15	16	17	18
Columbus Day	9:00am Standing Strong w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
Senior Center & Mun. Bldg. Closed	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole		10:00am Balance & Flexibility w/ Nicole
	11:00am Tai Chi w/ Dan			11:00am Shaping Up, Sitting Down w/ Nicole
21	22	23	24	25
9:00am Shaping Up, Sitting Down w/ Nicole	9:00am Standing Strong w/ Nicole	9:00am Shaping Up, Sitting Down w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole
10:00am Balance & Flexibility w/ Nicole	10:00am Chair Yoga w/ Nicole	10:00am Balance & Flexibility w/ Nicole		10:00am Balance & Flexibility w/ Nicole
11:00am Sit & Fit w/ Meg	11:00am Tai Chi w/ Dan			11:00am Shaping Up, Sitting Down w/ Nicole
28	29	30	31	Nov 1
Fitness Classes Canceled- Early Voting To Nov.1. →				