

September 2025

ADULT FITNESS PROGRAMS
(SUBJECT TO CHANGE WITHOUT NOTICE)

September 2025							October 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 1 Labor Day Senior Center & Mun. Bldg. Closed	2 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	3 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	4 10:00am T'ai Chi w/ Dan 11:00am Line Dancing	5 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
8 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	10 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	11 10:00am T'ai Chi w/ Dan	12 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
15 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	16 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	17 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	18 10:00am T'ai Chi w/ Dan	19 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
22 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	23 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	24 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	25 10:00am T'ai Chi w/ Dan 11:00am Line Dancing	26 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
29 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	30 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	Oct 1	2	3

September 2025

ADULT ENRICHMENT PROGRAMS
(SUBJECT TO CHANGE WITHOUT NOTICE)

September 2025							October 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6	5	6	7	1	2	3	4
14	8	9	10	11	12	13	12	13	14	8	9	10	11
21	15	16	17	18	19	20	19	20	21	15	16	17	18
28	22	23	24	25	26	27	26	27	28	22	23	24	25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 1	2	3	4	5
Labor Day Senior Center & Mun. Bldg. Closed	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	Mobile DMV 1:00pm Cards & Games	10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue 1:00pm Cards & Games
8	9	10	11	12
10:00am Ceramics w/ Sue 1:00pm Knitwits	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	1:00pm Cards & Games	10:00am Ceramics/Exp. Fine Art 11:00am Pre-Diabetes Presentation 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art 1:00pm Forever Young Bus. Mtg.	9:00am Ceramics w/ Sue 10:30am Book Club 1:00pm Cards & Games
15	16	17	18	19
10:00am "The Nurse Is In" w/ Parker Clinic 10:00am Ceramics w/ Sue 1:00pm Knitwits	10:00am Creative Expressions 10:00am LD11 Mobile Outreach 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	11:00am Ombudsman Office Presentation 1:00pm Cards & Games	10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue 1:00pm Cards & Games
22	23	24	25	26
10:00am Ceramics w/ Sue 1:00pm Knitwits	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	1:00pm Cards & Games	10:00am Ceramics/Exp. Fine Art 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue 10:00am "What's the Scoop?" 1:00pm Cards & Games
29	30	Oct 1	2	3
10:00am Ceramics w/ Sue 1:00pm Knitwits	10:00am Creative Expressions 10:00am Woodcarving 11:00am "Effects of Depression" 1:00pm Acting 1:00pm Bingo/Bridge			

September 2025

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

September 2025							October 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6	5	6	7	1	2	3	4
14	8	9	10	11	12	13	12	13	14	15	16	17	18
21	15	16	17	18	19	20	19	20	21	22	23	24	25
28	22	23	24	25	26	27	26	27	28	29	30	31	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 1 Labor Day Senior Center & Mun. Bldg. Closed	2 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	3 Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	4 Lunch Menu - BBQ Spare Ribs TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	5 Lunch Menu - Meatloaf
8 Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	9 Lunch Menu - Egg Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	10 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Delicious Orchards	11 Lunch Menu - Chicken Parm TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	12 Lunch Menu - Swedish Meatballs
15 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	16 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	17 Lunch Menu - Omelet TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	18 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Long Branch Farmer's Market	19 Lunch Menu - Grilled Chicken 10:00am Walk the Boards - Asbury
22 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	23 Lunch Menu - Grilled Chicken TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	24 Lunch Menu - Ham & Cheese TODAY'S SHOPPING TRIP Shop-Rite OR Hobby Lobby	25 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	26 Breakfast Series - "What's the Scoop?"
29 Lunch Menu - California Chicken "Burger" TODAY'S SHOPPING TRIP Whole Foods OR TJ Maxx OR Acme	30 Lunch Menu - Pork Chops TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	Oct 1	2	3