

September 2024

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 2 Labor Day Senior Center & Mun. Bldg. Closed	3 Lunch Menu - Salisbury Steak TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	4 Lunch Menu - Turkey & Cheese Shopping Cancelled	5 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	6 Lunch Menu - Breaded Flounder
9 Lunch Menu - BBQ Chicken Sandwich TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	10 Lunch Menu - Meatloaf TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	11 Lunch Menu - Porkchops TODAY'S SHOPPING TRIP Shop-Rite	12 Lunch Menu - Breaded Flounder TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	13 Lunch Menu - Ham & Cheese
16 Lunch Menu - Salisbury Steak Sundae is Monday TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	17 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	18 Lunch Menu - Shepherd's Pie TODAY'S SHOPPING TRIP Shop-Rite	19 Lunch Menu - BBQ Spare Ribs TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	20 Lunch Menu - Meatloaf
23 Lunch Menu - Turkey Dinner TODAY'S SHOPPING TRIP Battleview Orchards	24 Lunch Menu - Egg Salad TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	25 Lunch Menu - Beef Lasagna TODAY'S SHOPPING TRIP Shop-Rite	26 Lunch Menu - Chili TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	27 10am "What's the Scoop?"
30 Lunch Menu - Tuna Salad TODAY'S SHOPPING TRIP Seaview Square (includes drop off at Wegman's OR Target OR Costco)	Oct 1	2	3	4

September 2024

ADULT ENRICHMENT PROGRAMS
(SUBJECT TO CHANGE WITHOUT NOTICE)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 2	3	4	5	6
Labor Day Senior Center & Mun. Bldg. Closed	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	1:00pm Cards & Games	10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena	9:00am Ceramics w/ Sue 1:00pm Cards & Games
9	10	11	12	13
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 w/ Ed 10:00am Exp. Fine Art w/ Tena 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
16	17	18	19	20
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 w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena	9:00am Ceramics w/ Sue 1:00pm Cards & Games
23	24	25	26	27
10:00am Ceramics w/ Sue 1:00pm Knitwits	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	1:00pm "Cultivating Wellness" 1:00pm Cards & Games 3:00pm Vaccine Clinic	10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Bridge/Rummikub 1:00pm Ceramics w/ Ed 1:00pm Exp. Fine Art w/ Tena	9:00am Ceramics w/ Sue 10:00am "What's the Scoop?" 1:00pm Cards & Games
30	Oct 1	2	3	4
10:00am Ceramics w/ Sue 11:00am "Calcium and Exercise" 1:00pm Knitwits				

September 2024

ADULT FITNESS PROGRAMS
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September 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					

October 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
Sep 2 Labor Day Senior Center & Mun. Bldg. Closed	3 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	4 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	5 10:00am T'ai Chi w/ Dan	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 11:00am Sit & Fit w/ Meg	10 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	11 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	12 10:00am T'ai Chi w/ Dan	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 11:00am Sit & Fit w/ Meg	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	19 10:00am T'ai Chi w/ Dan	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 11:00am Sit & Fit w/ Meg	24 9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	25 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	26 10:00am T'ai Chi w/ Dan	27 9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
30 9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Sit & Fit w/ Meg	Oct 1	2	3	4