

May 2024

ADULT FITNESS PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

May 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	

June 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						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 29	30	May 1	2	3
		9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
6	7	8	9	10
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
13	14	15	16	17
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	9:00am Standing Strong w/ Nicole 10:00am Balance & Flexibility w/ Nicole 11:00am Shaping Up, Sitting Down w/ Nicole
20	21	22	23	24
9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	9:00am Standing Strong w/ Nicole 10:00am Chair Yoga w/ Nicole 11:00am Tai Chi w/ Dan	9:00am Shaping Up, Sitting Down w/ Nicole 10:00am Balance & Flexibility w/ Nicole	10:00am T'ai Chi w/ Dan	Fitness Classes Cancelled
27	28	29	30	31
Fitness Classes Cancelled				
Memorial Day Mun. Bldg. & Senior Center Closed				

May 2024

ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

May 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	

June 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						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 29	30	May 1	2	3
		1:00pm Cards & Games	10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 12:30pm Scarlet Sound Performance 1:00pm Bridge/Rummikub 1:00pm Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue 1:00pm Cards & Games
6	7	8	9	10
10:00am Ceramics w/ Sue 11:00am Fall Prevention Presentation 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 10:00am Cards & Games
13	14	15	16	17
10:00am Ceramics w/ Sue 1:00pm Knitwits	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	Cards & Games Cancelled Constituent Services Fair 2-7pm	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 Cards & Games
20	21	22	23	24
10:00am Ceramics w/ Sue 1:00pm Knitwits	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Art Workshop w/ Tena 1:00pm Bingo/Bridge	DMV Mobile Unit 1:00pm "Cultivating Wellness" 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	Cards & Games Cancelled 9:00am Ceramics w/ Sue 10:00am "What's the Scoop?"
27	28	29	30	31
Memorial Day Mun. Bldg. & Senior Center Closed	10:00am Creative Expressions 10:00am Woodcarving 1:00pm Acting 1:00pm Bingo/Bridge	1:00pm Cards & Games	Health Fair 10am-1pm PM Games Cancelled 10:00am Ceramics w/ Ed 10:00am Exp. Fine Art w/ Tena 1:00pm Ceramics/Exp. Fine Art	9:00am Ceramics w/ Sue 10:00am Cards & Games

May 2024

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

May 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	

June 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						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apr 29	30	May 1	2	3
		Lunch Menu - BBQ Ribs	Lunch Menu - Meatloaf	Lunch Menu - Tuna
		Shopping Cancelled	TODAY'S SHOPPING TRIP Stop & Shop or ALDI's	TODAY'S SHOPPING TRIP Shop-Rite
6	7	8	9	10
Lunch Menu - Taco Fiesta	Lunch Menu - Egg Salad	Lunch Menu - Turkey BLT Salad	Lunch Menu - Turkey Dinner	Early Lunch 11am
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)	Shopping Cancelled	TODAY'S SHOPPING TRIP Shop-Rite	Lunch Menu - Swedish Meatballs
13	14	15	16	17
Lunch Menu - Tuna Salad	Lunch Menu - Grilled Chicken	Lunch Menu - Omelet	Lunch Menu - Pork Chops	Early Lunch 11am
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	Lunch Menu - Breaded Flounder
20	21	22	23	24
Lunch Menu - Salisbury Steak	Lunch Menu - Sweet & Sour Chicken	Early Lunch 11am	Lunch Menu - Beef Lasagna	10:00am "What's the Scoop"?
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)	Lunch Menu - Ham & Cheese	TODAY'S SHOPPING TRIP Stop & Shop OR ALDI's	
		TODAY'S SHOPPING TRIP Shop-Rite		
27	28	29	30	31
Memorial Day	Lunch Menu - Penne Pasta & Meatballs	Lunch Menu - Meatloaf	Lunch Menu - Hoagies to go	Early Lunch 11am
Mun. Bldg. & Center Closed	TODAY'S SHOPPING TRIP Rt. 66 (Home Depot OR Wal-Mart)	TODAY'S SHOPPING TRIP Shop-Rite	Shopping Cancelled	Lunch Menu - Turkey & Cheese