












-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>3</p> <p>CENTER CLOSED FOR FLOOR REPAIR JOIN US IN HAMPTON BAYS!</p>	<p>4</p> <p><u>CENTER CLOSED</u></p> <p><u>INDEPENDENCE DAY</u></p> 	<p>5</p> <p>CENTER CLOSED FOR FLOOR REPAIR JOIN US IN HAMPTON BAYS!</p>	<p>6 Crab Cake w/ Tartar Sauce 10:30 Community Garden w/Mary 11:30 Sing A Long</p>	<p>7 Grilled Boneless Pork Chop 10:30 Coffee & Conversation 10:30 Line Dancing for Everyone</p>
<p>10 White Chicken Chili 10:30 Rummikub 10:30 Chair Yoga 10:30 Line Dancing for Everyone 1:00 Line Dancing w/ Jean</p>	<p>11 Beer Battered Cod Fish 10:00 Drawing w/ Bill</p> <p>-----</p> <p>The Beach Word Search</p>  <p>-----</p>	<p>12 Thin Sliced London Broil Salad 10:00 Rummikub 10:00 Nutrition Discussion w/ Bill 10:00 Walk 'N' Stroll (PRE-REGISTRATION REQUIRED) 10:45 Stretch & Tone</p> <p>6:00- Grandparents Raising Grandchildren Support Group-HBSC (dinner served @ 6pm)</p>	<p>13 Spaghetti & Homemade Meatballs 10:30 The Writer in You 11:30 Sing A Long 12:45 Movie Day- "Collateral Beauty" </p> <p>3-5pm SAGE East End Mingle-HBSC</p>	<p>14 Herb Roasted Chicken Quarter 9:30 SCOFA Advocate- Frank Masterson 10:00 Bus departs... Fridays at the Beach Start today!!! 10:30 Horse Racing </p>
<p>17 Salisbury Steak 10:30 Chair Yoga 10:30 Line Dancing for Everyone 1:00 Line Dancing w/ Jean</p>	<p>18 Grilled Chicken Pasta Primavera 9:30 FAN FOOD @ BISHOP RYAN 10:00 Drawing w/ Bill 10:00 Knitting & Crocheting</p>	<p>19 Flounder Almondine 10:00 Rummikub 10:00 Walk 'N' Stroll (PRE-REGISTRATION REQUIRED) 10:45 Stretch & Tone</p> <p>-----</p> <p>Fishing Word Search</p>  <p>-----</p> <p>6:00-8:00- Adult Children Support Group- HBSC (dinner served @ 6pm)</p>	<p>20 Chef's Salad on a Bed of Romaine 10:30 Community Garden w/Mary 11:30 Sing A Long</p> <p>4:30 Bus departs for Shinnecock Star Fishing Trip (pre-registration required)</p> 	<p>21 Bus departs the parking lot for Fridays at the Beach</p> <p>-----</p> <p>"Mellow Yellow" Twilight Dinner & Birthday Party w/ Tommy Parris  Center Closed during the day. Doors open @ 3pm</p> <p>-----</p> <p>2:30 Book Discussion Group- @ HBSC "Amagansett"</p>
<p>24 Not So Sloppy Joe 10:00 -2:00 FREE Application Assistance for Medicaid Programs @ HBSC 10:30 Chair Yoga 10:30 Line Dancing for Everyone 1:00 Line Dancing w/ Jean</p>	<p>25 Chicken Francaise 10:00 Nutrition w/ Bill 11:30 5 Minute Who-Dun-It Mystery Activity </p>	<p>26 Pesto Shrimp Pasta w/ Parmesan Cheese 10:00 Rummikub 10:30 Massage w/ Loretta 10:30 Walk 'N' Stroll (PRE-REGISTRATION REQUIRED) 10:45 Stretch & Tone</p> <p>12:00-2:00pm Caregiver's Support Group-HBSC (lunch served @ noon)</p>	<p>27 Ham & Swiss Cheese w/ Asparagus Quiche 10:30 The Writer in You 11:30 Sing A Long</p> <p>-----</p> <p>Camping Word Search</p>  <p>-----</p> <p>3-5pm SAGE East End Mingle-HBSC (light dinner served)</p>	<p>28 Chicken Caesar Salad 10:00 Bus departs for Fridays at the Beach 10:30 Coffee & Conversation 10:30 Line Dancing for Everyone</p>
<p>31 Eggplant Parmesan 10:30 Chair Yoga 10:30 Line Dancing for Everyone 1:00 Line Dancing w/ Jean</p>		<p>WALK 'n' STROLL BEGINS! July 5th at 10:00am Join us for a weekly Walk from the HB Center to and through the NEW Good Ground Park in HB</p> <p>transportation is provided to HB-10am (PRE-REGISTRATION REQUIRED)</p>		<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</p> <p>-----</p> <p>Shopping in Hampton Bays Every Wednesday w/Shuttle Buses </p> <p>Make your appt w/ the Shuttle... 631-728-1110</p>