



















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p><b>Shopping to Riverhead Stores w/ Shuttle Buses Every Friday</b></p>  <p><b>Make your appt w/ the Shuttle... 631-728-1110</b></p>	<p><b>AARP Defensive Driving Saturday, November 18<sup>th</sup> 9:00am-3:30pm \$20-Members \$25 Non-Members</b></p> 	<p><b>1 Hearty Beef Stew</b>  <b>10:00</b> Rummikub  <b>10:45</b> Stretch &amp; Tone</p>	<p><b>2 Oktoberfest Sauerbraten</b>  <b>10:00</b> Open Table Games  <b>10:30</b> Presentation by Cornell Cooperative Extension  <b>11:30</b> Sing A Long</p> 	<p><b>3 Crab Cake w/ Remoulade Sauce</b>  <b>10:30</b> Coffee &amp; Conversation  <b>10:00</b> Horse Racing  <b>4:30-7:00-Game Night</b> (pre-registration required) HBSC</p> 
<p><b>6 Salisbury Steak w/ Mushroom Sauce</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing for Everyone  <b>1:00</b> Line Dancing w/ Jean</p> <p><b>Election Day Word Search</b></p> 	<p><b>7 CENTER CLOSED FOR ELECTION DAY</b></p> 	<p><b>8 Spaghetti and Meatballs</b>  <b>10:00</b> Rummikub  <b>10:45</b> Stretch &amp; Tone</p> <p><b>6:00-</b> Grandparents Raising Grandchildren Support Group-HBSC (dinner served @ 6pm)</p>	<p><b>9 Hearty Meat &amp; Bean Chili</b>  <b>9:00</b> SCOFA Advocate-Frank Masterson  <b>10:00</b> Open Table Games  <b>11:30</b> Sing A Long  <b>12:45 "Hidden Figures"</b></p>   <p><b>3-5pm</b> SAGE East End Mingle-HBSC</p>	<p><b>10 CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY</b></p> 
<p><b>13 Boneless Chicken Cacciatore</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing for Everyone  <b>1:00</b> Line Dancing w/ Jean</p> <p><b>Veteran's Day Word Search</b></p> 	<p><b>14 Flounder Francaise</b>  <b>10:00</b> Drawing w/ Bill  <b>11:00</b> Apple Peeling Contest  <b>12:45</b> Computer Class w/ Larry</p>	<p><b>15 Meatloaf w/Gravy</b>  <b>10:00</b> Rummikub  <b>10:30</b> Massage w/ Loretta  <b>10:45</b> Stretch &amp; Tone</p> <p><b>6:00-8:00-</b> Adult Children Support Group- HBSC (dinner served @ 6pm)</p>	<p><b>16 Potato Crusted Cod</b>  <b>10:00</b> Open Table Games  <b>10:30</b> Art Therapy-Mandela Coloring</p>  <p><b>11:30</b> Sing A Long</p> 	<p><b>17 Roast Turkey w/Pan Gravy &amp; Cranberry Sauce</b></p> <p><b>Thanksgiving Feast &amp; Monthly Birthday Party w/ Tommy Parris</b></p>  <p><b>2:30</b> Book Discussion Group- @ HBSC "My Brilliant Friend"</p>
<p><b>20 Chicken Parmesan</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing for Everyone  <b>1:00</b> Line Dancing w/ Jean</p>	<p><b>21 Hungarian Goulash</b>  <b>9:30</b> FAN FOOD @ BISHOP RYAN  <b>10:00</b> Drawing w/ Bill  <b>10:00</b> Knitting &amp; Crocheting  <b>12:45</b> Computer Class w/ Larry</p>	<p><b>22 Stuffed Cabbage w/Tomato Sauce</b>  <b>10:00</b> Rummikub  <b>10:45</b> Stretch &amp; Tone</p> <p><b>Thanksgiving Day Word Search</b></p> 	<p><b>23 CENTER CLOSED THANKSGIVING</b></p> 	<p><b>24 CENTER CLOSED THANKSGIVING</b></p> 
<p><b>27 Fried Chicken 10:00 -2:00</b>  <b>FREE Application Assistance for Medicaid Programs @ HBSC</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing for Everyone  <b>1:00</b> Line Dancing w/ Jean</p>	<p><b>28 Beer Battered Cod w/Tartar Sauce</b>  <b>10:00</b> Drawing w/ Bill  <b>12:45</b> Computer Class w/ Larry</p>	<p><b>29 Hearty Beef Stew</b>  <b>10:00</b> Rummikub  <b>10:45</b> Stretch &amp; Tone</p> <p><b>12:00</b> Caregiver's Support Group-HBSC (lunch served at 12noon)</p>	<p><b>30 Oktoberfest Sauerbraten</b>  <b>10:00</b> Open Table Games  <b>10:30</b> Art Therapy-Mandela Coloring</p>  <p><b>11:30</b> Sing A Long</p> 	<p>The first and most significant effect of <b>coloring mandalas</b> is the reduction of stress among adults. Carl Jung, one of the pioneers in researching the healing <b>benefits of coloring</b> books, discovered that this activity helps people to be calmer and to experience lesser levels of stress.</p> <p><b>Join us Nov 16<sup>th</sup> &amp; 30<sup>th</sup></b></p>