











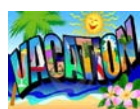


-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p><u>Shopping to Riverhead Stores</u> w/ Shuttle Buses Every Friday</p>  <p>Make your appt w/ the Shuttle... 631-728-1110</p>	<p><u>AARP Defensive Driving</u> Saturday, September 16<sup>th</sup> 9:00am-3:30pm \$20-Members \$25 Non-Members</p> 		<p>In honor of National Senior Center Month Check out these special events... <u>Living Healthy Seminar, ABC's of the Medicare System, Walk and Stroll and Vacation Photos Show &amp; Tell</u></p>	<p><u>1 Grilled Boneless Pork Chop</u> <u>10:00</u> Bus departs... <u>Fridays at the Beach</u> <u>10:30</u> Coffee &amp; Conversation <u>10:30</u> Line Dancing for Everyone</p> <p>----- <u>Labor Day Word Search</u></p>  <p>-----</p>
<p><b>4</b></p> <p><b>CENTER CLOSED</b></p> 	<p><u>5 Beer Battered Cod Fish</u> <u>10:00</u> Drawing w/ Bill <u>10:00</u> Pet Therapy w/ Mercedes <u>10:00</u> Knitting &amp; Crocheting <u>10:30</u> Short Story Discussion</p> <p>----- <u>Back To School Word Search</u></p>  <p>-----</p>	<p><u>6 Thin Sliced London Broil Salad</u> <u>10:00</u> Rummikub <u>10:45</u> Stretch &amp; Tone</p>	<p><u>7 Spaghetti &amp; Homemade Meatballs</u> <u>10:00</u> Open Table Games <u>10:30</u> Community Garden w/Mary <u>11:30</u> Sing A Long</p> <p>----- <u>3-5pm SAGE</u> East End Mingle-HBSC</p>	<p><u>8 Herb Roasted Chicken Quarter</u> <u>9:30</u> SCOFA Advocate- Frank Masterson <u>10:00</u> Bus departs... <u>Fridays at the Beach</u> <u>10:30</u> Horse Racing</p> 
<p><u>11 Salisbury Steak</u> <u>10:30</u> Chair Yoga <u>10:30</u> Line Dancing for Everyone <u>1:00</u> Line Dancing w/ Jean</p> <p>----- <u>Patriot's Day Word Search</u></p> <p>-----</p>	<p><u>12 Grilled Chicken Pasta Primavera</u></p> <p><b>CENTER CLOSED DURING THE DAY DUE TO THE PRIMARY ELECTION JOIN US AT HBSC</b></p> <p>----- <u>4:00- 7:00pm DINNER &amp; DANCING at TIANA BEACH ACTIVITY CENTER</u> (pre registration required)</p>	<p><u>13 Flounder Almondine</u> <u>10:00</u> Rummikub <u>10:45</u> Stretch &amp; Tone <u>11:00</u> ABC' s of the Medicare System Presentation</p>  <p><u>6:00-</u> Grandparents Raising Grandchildren Support Group-HBSC (dinner served @ 6pm)</p>	<p><u>14 Chef's Salad on a Bed of Romaine</u> <u>10:00</u> Open Table Games <u>10:30</u> The Writer in You <u>11:30</u> Sing A Long <u>12:45</u> "Fences"</p> 	<p><u>15 BBQ Chicken Quarter</u> <u>10:00</u> Bus departs the parking lot for Fridays at the Beach</p> <p>----- <u>Monthly Birthday Party w/ Tommy Parris</u></p>  <p>----- <u>2:30</u> Book Discussion Group- @ HBSC "A God In Ruins"</p>
<p><u>18 Not So Sloppy Joe</u> <u>10:30</u> Chair Yoga <u>10:30</u> Line Dancing for Everyone <u>1:00</u> Line Dancing w/ Jean</p>	<p><u>19 Chicken Francaise</u> <u>9:30</u> FAN FOOD @ BISHOP RYAN <u>10:00</u> Drawing w/ Bill <u>10:00</u> Knitting &amp; Crocheting <u>10:30</u> Site Council Meeting <u>10:30</u> Short Story Discussion</p>	<p><u>20 Pesto Shrimp Pasta w/ Parmesan Cheese</u> <u>10:00</u> Rummikub <u>10:30</u> Massage w/ Loretta <u>10:45</u> Stretch &amp; Tone</p> <p>----- <u>6:00-8:00-</u> Adult Children Support Group- HBSC (dinner served @ 6pm)</p>	<p><u>21 Ham &amp; Swiss Cheese w/ Asparagus Quiche</u> <u>10:00</u> Open Table Games <u>10:30</u> Community Garden w/Mary <u>11:30</u> Sing A Long</p> <p>----- <u>First Day of Fall Word Search</u></p>  <p>----- <u>3-5pm SAGE</u> East End Mingle-HBSC (light dinner served)</p>	<p><u>22 Chicken Caesar Salad</u> <u>10:30</u> Coffee &amp; Conversation <u>10:30</u> Line Dancing for Everyone</p>
<p><u>25 Eggplant Parmesan</u> <u>10:00 -2:00</u> <b>FREE Application Assistance for Medicaid Programs @ HBSC</b> <u>10:30</u> Chair Yoga <u>10:30</u> Line Dancing for Everyone <u>1:00</u> Line Dancing w/ Jean</p>	<p><u>26 Spinach Salad w/ Chicken, Blueberries, Walnuts &amp; Feta Cheese</u> <u>10:00</u> Drawing w/ Bill</p> <p>----- <u>Movie Word Search</u></p>  <p>-----</p>	<p><u>27 All American Cheeseburger</u> <u>10:00</u> Rummikub <u>10:45</u> Stretch &amp; Tone <u>11:15</u> VACATION PHOTOS SHOW &amp; TELL</p>  <p><u>12:00-2:00pm</u> Caregiver's Support Group-HBSC (lunch served @ noon)</p>	<p><u>28 Crab Cake w/ Tartar Sauce</u> <u>10:00</u> Open Table Games <u>10:30</u> The Writer in You <u>10:30</u> Community Garden w/Mary <u>11:30</u> Sing A Long</p>	<p><u>29 Grilled Boneless Pork Chop</u> <u>7:45</u> Bus departs Foxwoods Casino Trip <u>10:30</u> Coffee &amp; Conversation <u>10:30</u> Line Dancing for Everyone</p>