





















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p><i>Happy Valentine's Day</i></p> <p><b>BRING IN YOUR WEDDING PHOTOS FOR A GUESS WHO GAME ON THE 14<sup>TH</sup>!</b>                      (PHOTOCOPY WILL BE MADE)</p>		<p><b>February 2<sup>nd</sup> will decide if we have 6 weeks more of winter... Will he see his Shadow??</b></p> 	<p><b>1 Beef Stew w/ Carrots &amp; Potatoes</b></p> <p>-----</p> <p><b>Monthly Birthday Party w/ Tommy Parris</b></p>  <p>-----</p> <p><b>Winter Predictions....</b></p> <p>-----</p> <p><b>Football/Super Bowl Word Search</b></p> 	<p><b>2 Broiled Salmon w/ Lemon, Butter &amp; Dill</b>  <b>10:00</b> Stretch &amp; Tone  <b>10-11:30</b> Tablet Class  <b>1:00</b> Canasta</p> <p><b>NATIONAL WEAR RED DAY IN HONOR OF AMERICAN HEART MONTH</b></p> 
<p><b>5 Hungarian Goulash</b>  <b>10:00</b> Stretch &amp; Tone  <b>11:15</b> Meditation &amp; Relaxation</p>	<p><b>6 Chicken Marsala</b>  <b>9:30</b> Hand Reflexology w/ Pam Normandy  <b>10:30</b> Chair Yoga  <b>1:30</b> Writer's Workshop</p> <p>-----</p> <p><b>THRIFTY BOUTIQUE SHOP IS OPEN!</b></p> 	<p><b>7 Apple Roasted Pork</b>  <b>9:00</b> Mah Jongg  <b>12:45</b> <b>Movie Day-</b>  <b>"The Philadelphia Story"</b></p> 	<p><b>8 Macaroni, Tomato &amp; Beef Casserole</b>  <b>10:00</b> Sing-A-Long  <b>10:30</b> Coffee and Conversation</p> <p><b>3-5pm</b> SAGE East End Mingle</p>	<p><b>9 Beer Battered Cod w/ Tartar</b>  <b>10:00</b> Stretch &amp; Tone  <b>10-11:30</b> Tablet Class  <b>1:00</b> Canasta</p> <p>-----</p> <p><b>Winter Olympics Word Search</b></p> 
<p><b>12 Stuffed Peppers w/ Tomato Sauce</b>  <b>10:00</b> Stretch &amp; Tone  <b>10:30</b> Put Together Valentine Sachets for Valentine's Day  <b>11:15</b> Meditation &amp; Relaxation</p> <p>-----</p> <p><b>Valentine's Day Word Searches</b></p> 	<p><b>13 Beef Stroganoff</b>  <b>9:30</b> Hand Reflexology w/ Pam Normandy  <b>10:30</b> Chair Yoga  <b>10:00</b> Knitting &amp; Crocheting  <b>11:30</b> Mardi Gras Discussion  <b>1:30</b> Writer's Workshop</p>	<p><b>14 Scampi Style Chicken Breast</b>  <b>9:00</b> <b>SCOFA Advocate-Frank Masterson</b>  <b>9:00</b> Mah Jongg  <b>10:30</b> Going to the Chapel- Guessing Game  <b>10:30</b> Massage w/ Loretta  <b>11:00</b> <b>Tap Hampton Presentation</b></p>   <p><b>6:00</b>-Grandparents Raising Grandchildren (dinner served @ 6pm)</p>	<p><b>15 Braised Pork Ragu</b>  <b>10:00</b> Sing-A-Long  <b>10:15</b> Coffee and Conversation  <b>10:45</b> Art Therapy-Mandela Coloring</p> 	<p><b>16 Dijon Crusted Flounder w/ Almonds</b>  <b>10:00</b> Stretch &amp; Tone  <b>10-11:30</b> Tablet Class  <b>1:00</b> Canasta  <b>2:30</b> Book Discussion Group- <b>"The Alchemist"</b></p> <p><b>4:30-7:00-</b>  <b>Game Night</b>                      (pre-registration required)</p> 
<p><b>19</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>20 Maple Spiced Ham</b>  <b>9:30 FAN FOOD @ BISHOP RYAN</b>  <b>10:30</b> Chair Yoga  <b>10:45</b> Horse Racing  <b>1:30</b> Writer's Workshop</p>  <p>-----</p> <p><b>President's Word Search</b></p> 	<p><b>21 Salisbury Steak w/ Mushroom Gravy</b>  <b>9:00</b> Mah Jongg  <b>11:15</b> <b>Meditation &amp; Relaxation</b></p> <p><b>6:00</b> Adult Children's Support Group (dinner served @ 6pm)</p>	<p><b>22 Chicken A La King</b>  <b>10:00</b> Sing-A-Long  <b>10:30</b> Coffee and Conversation</p> <p>-----</p> <p><b>THRIFTY BOUTIQUE SHOP IS OPEN!</b></p>  <p>-----</p> <p><b>12:45</b> <b>Movie Day-</b>  <b>"The Philadelphia Story"</b>  <b>3-5pm</b> SAGE East End Mingle</p> 	<p><b>23 Salmon Cakes w/ Remoulade</b>  <b>10:00</b> Stretch &amp; Tone  <b>10-11:30</b> Tablet Class  <b>1:00</b> Canasta</p>
<p><b>26 Stuffed Cabbage w/ Tomato Sauce</b>  <b>10:00 -2:00</b>  <b>FREE Application Assistance for Medicaid Programs</b>  <b>10:00</b> Stretch &amp; Tone  <b>11:15</b> Meditation &amp; Relaxation (Arts &amp; Crafts Room)</p>	<p><b>27 Meat Lover's Baked Ziti</b>  <b>9:00</b> <b>SCOFA Advocate-Frank Masterson</b>  <b>10:30</b> Chair Yoga  <b>10:00</b> Knitting &amp; Crocheting  <b>1:30</b> Writer's Workshop</p>	<p><b>28 Teriyaki Chicken Quarters</b>  <b>9:00</b> Mah Jongg  <b>10:45</b> Art Therapy-Mandela Coloring</p>  <p><b>12:00</b> Caregiver's Support Group (lunch served at 12noon)</p>		<p><b>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</b></p> <p>-----</p> <p><b>Shopping in Hampton Bays Every Wednesday w/Shuttle Buses</b></p> 