

















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</p>  <p>Shopping in Hampton Bays Every Wednesday w/Shuttle Buses</p>	<p>AARP Defensive Driving Saturday, September 16th 9:00am-3:30pm \$20-Members \$25 Non-Members</p> 		<p>In honor of National Senior Center Month Check out these special events... Living Healthy Seminar, ABC's of the Medicare System, Walk and Stroll and Vacation Photos Show & Tell</p>	<p>1 Grilled Boneless Pork Chop 10:00 Stretch & Tone 10-11:30 Tablet/Computer Class 10:00 Bus departs for Friday at the Beach 1:00 Canasta</p> <hr/> <p>Labor Day Word Search</p> 
<p>4 CENTER CLOSED</p> 	<p>5 Beer Battered Cod Fish 10:30 Chair Yoga 1:30 Creative Writing Group</p> <hr/> <p>Back to School Word Search</p> 	<p>6 Thin Sliced London Broil Salad 9:00 Mah Jongg 12:45 Movie Day- "Fences"</p> 	<p>7 Spaghetti & Homemade Meatballs</p> <hr/> <p>MONTHLY BIRTHDAY PARTY w/ TOMMY PARRIS</p> 	<p>8 Herb Roasted Chicken Quarter 10:00 Stretch & Tone 10-11:30 Tablet/Computer Class 10:00 Bus departs for Friday at the Beach 1:00 Canasta</p>
<p>11 Salisbury Steak 10:00 Stretch & Tone 11:15 Meditation 1:00-3:30 Living Healthy Seminar by RSVP (pre-registration required)</p> <hr/> <p>Patriot's Day Word Search</p> 	<p>12 Grilled Chicken Pasta Primavera 9:30 FAN FOOD @ BISHOP RYAN 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:30 Creative Writing Group</p> <hr/> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <p>4:00- 7:00pm DINNER & DANCING at TIANA BEACH ACTIVITY CENTER (pre registration required)</p>	<p>13 Flounder Almondine 9:00 SCOFA Advocate-Frank Masterson 9:00- Mah Jongg 10:30 Massage w/ Loretta 10:30 Walk "N" Stroll</p> <hr/> <p>6:00-Grandparents Raising Grandchildren (dinner served @ 6pm)</p>	<p>14 Chefs Salad on a Bed of Romaine 10:30 Coffee and Conversation</p> <hr/> <p>3-5pm SAGE East End Mingle</p>	<p>15 BBQ Chicken Quarter 10:00 Stretch & Tone 10-11:30 Tablet/Computer Class 10:00 Bus departs for Friday at the Beach 11:15 Gardening w/ Mary 1:00 Canasta 2:30 Book Discussion Group- "A God In Ruins"</p>
<p>18 Not So Sloppy Joe 10:00 Stretch & Tone 11:15 Meditation 1:00-3:30 Living Healthy Seminar by RSVP (pre-registration required)</p>	<p>19 Chicken Francaise 9:30 FAN FOOD @ BISHOP RYAN 10:30 Chair Yoga 11:15 VACATION PHOTOS SHOW & TELL</p>  <p>1:30 Creative Writing Group</p>	<p>20 Pesto Shrimp Pasta w/ Parmesan Cheese 9:00 Mah Jongg 12:00 WATCH NY YANKEES vs MINNESOTA TWINS in the Front Room (Popcorn/Peanuts and soda served)</p> <hr/> <p>6:00 Adult Children's Support Group (dinner served @ 6pm)</p>	<p>21 Ham & Swiss Cheese w/ Asparagus Quiche 10:00 Coffee and Conversation 11:00 ABC' s of the Medicare System Presentation</p>  <p>12:45 Movie Day- "Fences"</p> 	<p>22 Chicken Caesar Salad 10:00 Stretch & Tone 10-11:30 Tablet/Computer Class 1:00 Canasta</p> <hr/> <p>First Day of Fall Word Search</p> 
<p>25 Eggplant Parmesan 10:00 -2:00 FREE Application Assistance for Medicaid Programs @ HBSC 10:00 Stretch & Tone 11:15 Meditation 1:00-3:30 Living Healthy Seminar by RSVP (pre-registration required)</p>	<p>26 Spinach Salad w/ Chicken, Blueberries, Walnuts & Feta Cheese 9:00 SCOFA Advocate-Frank Masterson 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:30 Creative Writing Group</p>	<p>27 All American Cheeseburger 9:00 Mah Jongg 10:30 Walk "N" Stroll</p> <hr/> <p>Movie Word Search</p>  <hr/> <p>12:00 Caregiver's Support Group (lunch served at 12noon)</p>	<p>28 Crab Cake w/ Tartar Sauce 10:30 Coffee and Conversation</p> <hr/> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <hr/> <p>3-5pm SAGE East End Mingle (light dinner served)</p>	<p>29 Grilled Boneless Pork Chop 8:15 Bus departs Foxwoods Casino Trip 10:00 Stretch & Tone 10-11:30 Tablet/Computer Class 11:15 Gardening w/ Mary 1:00 Canasta</p>