

















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>3 Stuffed Shells 10:00 Stretch & Tone 11:15 Meditation & Relaxation 11:30 History of Canada Day</p> <hr/> <p>Canada Day & 4th of July Word Search </p>	<p>4</p> <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;">INDEPENDENCE DAY</p> 	<p>5 All American Cheeseburger 9:00 Mah Jongg 10:30 Walk 'N' Stroll (PRE-REGISTRATION REQUIRED) 11:30 History of Independence Day 12:45 Movie Day- "Collateral Beauty" </p>	<p>6 Crab Cake w/ Tartar Sauce 10:30 Coffee and Conversation 11:30 5 Minute Who-Dun-It Mystery Activity </p>	<p>7</p> <p>----- "Mellow Yellow" Twilight Dinner & Birthday Party w/ Tommy Parris Center Closed during the day. Doors open @ 3pm ----- </p>
<p>10 White Chicken Chili 10:00 Stretch & Tone 11:15 Meditation & Relaxation 12:45 Memories & Melodies DVD Viewing</p>	<p>11 Beer Battered Cod Fish 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:00 Writer's Support Group</p> <hr/> <p>THRIFTY BOUTIQUE SHOP IS OPEN! </p>	<p>12 Thin Sliced London Broil Salad 9:00 SCOFA Advocate-Frank Masterson 9:00- Mah Jongg 10:30 Walk 'N' Stroll (PRE-REGISTRATION REQUIRED) 10:30 Massage w/ Loretta 11:00 Gardening w/ Mary 6:00- Grandparents Raising Grandchildren Support Group (dinner served @ 6pm)</p>	<p>13 Spaghetti & Homemade Meatballs 10:30 Coffee and Conversation</p> <hr/> <p>The Beach Word Search </p> <hr/> <p>3-5pm SAGE East End Mingle</p>	<p>14 Herb Roasted Chicken Quarter 10:00 Stretch & Tone 10-11:30 Tablet/Computer Class 10:00 Bus departs... Fridays at the Beach Start today!!! 1:00 Canasta</p>
<p>17 Salisbury Steak 10:00 Stretch & Tone 11:15 Meditation & Relaxation 12:45 Memories & Melodies DVD Viewing</p> <hr/> <p>Fishing Word Search </p>	<p>18 Grilled Chicken-Pasta Primavera 9:30 FAN FOOD @ BISHOP RYAN 10:30 Chair Yoga 10:30 Horse Racing </p> <hr/> <p>1:00 Writer's Support Group</p>	<p>19 Flounder Almondine 9:00 Mah Jongg 10:30 Walk 'N' Stroll (PRE-REGISTRATION REQUIRED)</p> <hr/> <p>6:00-8:00- Adult Children Support Group (dinner served @ 6pm)</p>	<p>20 Chefs Salad on a Bed of Romaine 10:30 Coffee and Conversation 12:45 Movie Day- "Collateral Beauty" </p> <hr/> <p>4:30 Bus departs for Shinnecock Star Fishing Trip (pre-registration required)</p> 	<p>21 BBQ Chicken Quarter 10:00 Stretch & Tone 10-11:30 Tablet/Computer Class 10:00 Bus departs for Fridays at the Beach 1:00 Canasta 2:30 Book Discussion Group- "Amagansett"</p>
<p>24 Not So Sloppy Joe 10:00 Stretch & Tone 10:00 -2:00 FREE Application Assistance for Medicaid Programs @ HBSC 10:45 Baking Club-Microwavable S'More's 11:15 Meditation & Relaxation</p>	<p>25 Chicken Francaise 9:00 SCOFA Advocate-Frank Masterson 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:00 Writer's Support Group</p>	<p>26 Pesto Shrimp Pasta w/ Parmesan Cheese 9:00 Mah Jongg 10:30 Walk 'N' Stroll (PRE-REGISTRATION REQUIRED) 11:00 Gardening w/ Mary</p> <hr/> <p>Camping Word Search </p> <hr/> <p>12:00 Caregiver's Support Group (lunch served at 12noon)</p>	<p>27 Ham & Swiss Cheese w/ Asparagus Quiche 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>28 Chicken Caesar Salad 10:00 Stretch & Tone 10-11:30 Tablet/Computer Class 10:00 Bus departs for Fridays at the Beach 1:00 Canasta</p>
<p>31 Eggplant Parmesan 10:00 Stretch & Tone 11:15 Meditation & Relaxation</p>	<p style="text-align: center;">ENJOY THE SUNSHINE!</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> <hr/> <p>transportation is provided to HB-10am (PRE-REGISTRATION REQUIRED)</p>		<p>Shopping to Riverhead Stores w/ Shuttle Buses</p> <hr/> <p>Every Tuesday Shopping in Hampton Bays Every Wednesday w/ Shuttle Buses </p>