









-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p><u>AARP</u> <u>Defensive</u> <u>Driving</u> Saturday, November 18th 9:00am-3:30pm \$20-Members \$25 Non-Members</p> 	<p><u>Shopping to</u> <u>Riverhead Stores</u> w/ Shuttle Buses Every Tuesday</p>  <p>-----</p> <p><u>Shopping in</u> <u>Hampton Bays</u> Every Wednesday w/ Shuttle Buses</p>	<p><u>1 Hearty Beef Stew</u> <u>9:00</u> Mah Jongg</p>	<p><u>2 Oktoberfest</u> <u>Sauerbraten</u></p> <p>-----</p> <p>Monthly Birthday Party w/ Tommy Parris</p>  <p>-----</p>	<p><u>3 Crab Cake</u> <u>w/Remoulade Sauce</u> <u>10:00</u> Stretch & Tone <u>10-11:30</u> Tablet/Computer Class <u>1:00</u> Canasta <u>4:30-7:00-</u> Game Night (pre- registration required)</p> 
<p><u>6 Salisbury Steak w/</u> <u>Mushroom Gravy</u> <u>10:00</u> Stretch & Tone <u>11:15</u> Meditation & Relaxation</p> <p>-----</p> <p>Election Day Word Search</p>  <p>-----</p>	<p><u>7</u></p> <p>CENTER CLOSED FOR ELECTION DAY</p> 	<p><u>8 Spaghetti and</u> <u>Meatballs</u> <u>9:00</u> SCOFA Advocate- Frank Masterson <u>9:00</u> Mah Jongg <u>10:30</u>Massage w/ Loretta <u>10:30</u> Horse Racing</p>  <p><u>6:00-</u>Grandparents Raising Grandchildren (dinner served @ 6pm)</p>	<p><u>9 Hearty Meat &</u> <u>Bean Chili</u> <u>9:30</u> Hand Reflexology w/ Pam Normandy (pre- registration required) <u>10:30</u> Coffee and Conversation</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <p>-----</p> <p><u>3-5pm</u> SAGE East End Mingle</p>	<p><u>10</u></p> <p>CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY</p> 
<p><u>13 Boneless Chicken</u> <u>Cacciatore</u> <u>10:00</u> Stretch & Tone <u>11:15</u> Meditation & Relaxation</p> <p>-----</p> <p>Veteran's Day Word Search</p>  <p>-----</p>	<p><u>14 Flounder</u> <u>Francaise</u> <u>10:00</u> Knitting & Crocheting <u>10:30</u> Chair Yoga <u>1:30</u> Creative Writing</p>	<p><u>15 Meatloaf w/Gravy</u> <u>9:00</u> Mah Jongg <u>10:45</u> Art Therapy- Mandela Coloring</p>  <p><u>12:45</u> Movie Day- "Hidden Figures"</p>  <p><u>6:00</u> Adult Children's Support Group (dinner served @ 6pm)</p>	<p><u>16 Potato Crusted</u> <u>Cod</u> <u>9:30</u> Hand Reflexology w/ Pam Normandy (pre- registration required) <u>10:30</u> Coffee and Conversation</p> <p><u>4:30</u> Bus departs for Dinner & A Movie- Sunday's On the Bay and Murder on the Orient Express (pre-registration required)</p>	<p><u>17 Roast Turkey</u> <u>w/Pan Gravy</u> <u>Cranberry Sauce</u></p> <p>-----</p> <p>THANKSGIVING FEAST TODAY!</p>  <p>-----</p> <p><u>10-11:30</u> Tablet/Computer Class <u>11:00</u> Tap Hampton Presentation <u>1:00</u> Canasta <u>2:30</u> Book Discussion Group- "My Brilliant Friend"</p> <p>NO STRETCH & TONE</p>
<p><u>20 Chicken</u> <u>Parmesan</u> <u>10:00</u> Stretch & Tone <u>11:15</u> Meditation & Relaxation</p>	<p><u>21 Hungarian</u> <u>Goulash</u> <u>9:30 FAN FOOD @</u> BISHOP RYAN <u>10:30</u> Chair Yoga <u>1:30</u> Creative Writing</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <p>-----</p>	<p><u>22 Stuffed Cabbage</u> <u>w/Tomato Sauce</u> <u>9:00</u> Mah Jongg <u>11:00</u> Apple Peeling Contest</p> <p>-----</p> <p>Thanksgiving Word Search</p>  <p>-----</p>	<p><u>23</u></p> <p>CENTER CLOSED THANKSGIVING</p> 	<p><u>24</u></p> <p>CENTER CLOSED THANKSGIVING</p> 
<p><u>27 Fried Chicken</u> <u>10:00</u> Stretch & Tone <u>10:00 -2:00</u> FREE Application Assistance for Medicaid Programs <u>11:15</u> Meditation & Relaxation</p>	<p><u>28 Beer Battered Cod</u> <u>w/Tartar Sauce</u> <u>9:00</u> SCOFA Advocate- Frank Masterson <u>10:00</u> Knitting & Crocheting <u>10:30</u> Chair Yoga <u>1:30</u> Creative Writing</p>	<p><u>29 Hearty Beef Stew</u> <u>9:00</u> Mah Jongg</p> <p><u>12:00</u> Caregiver's Support Group (lunch served at 12noon)</p>	<p><u>30 Oktoberfest</u> <u>Sauerbraten</u> <u>10:30</u> Coffee and Conversation <u>10:45</u> Art Therapy-Mandela Coloring</p> 	<p>The first and most significant effect of coloring mandalas is the reduction of stress among adults. Carl Jung, one of the pioneers in researching the healing benefits of coloring books, discovered that this activity helps people to be calmer and to experience lesser levels of stress.</p> <p>Join us Nov 15th & 30th</p>