





















Older American's Month

| -MONDAY- | -TUESDAY- | -WEDNESDAY- | -THURSDAY- | -FRIDAY- |
|--|--|---|---|--|
| <p>May is Older American's Month! This year's theme... "Engage at Every Age" Look for and ENGAGE in special activities throughout the month!</p> | <p>1 Crab Cake w/ Tartar Sauce 10:00 Drawing w/ Bill 10:00 Knitting & Crocheting 12:45 Computer Class w/ Larry</p> | <p>2 Grilled Chicken Caesar Salad 10:00 Rummikub 10:30 Ping Pong 10:45 Stretch & Tone</p> <hr/> <p>Cinco De Mayo Word Search </p> | <p>3 Grilled Pork Chops w/ Pineapple 10:00 Open Table Games 11:30 Sing A Long </p> | <p>4 Eggplant Parm 10:30 Coffee & Conversation 10:30 Line Dancing w/ Jean & Linda 11:00-3:00 FUN FRIDAY- drop-in card games, Cribbage, Scrabble, Canasta and more!</p> |
| <p>7 Fried Chicken 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p> | <p>8 Potato Crusted Cod 10:00 Drawing w/ Bill 10:30 Pet Therapy visit w/ Mercedes 10:30 Site Council Meeting 12:45 Computer Class w/ Larry 1:00 An Afternoon Paint Party w/ Carolyn @ HBSC (pre-registration required) </p> | <p>9 Swedish Meatballs w/ Gravy 10:00 Rummikub 10:30 Massage w/ Loretta 10:30 Ping Pong 10:45 Stretch & Tone</p> <hr/> <p>6:00-Grandparents Raising Grandchildren Support Group-HBSC (dinner served @ 6pm)</p> | <p>10 Chicken Milano 10:00 Open Table Games 11:30 Sing A Long  12:45 "Just Getting Started" </p> <hr/> <p>Mother's Day Word Search  3-5pm SAGE East End Mingle-HBSC</p> | <p>11 Orange Glazed Chicken 9:00 SCOFA Advocate-Frank Masterson 10:30 Horse Racing 11:00-3:00 FUN FRIDAY- drop-in card games, Cribbage, Scrabble, Canasta and more! 12:45 Mini Golf in Southampton (pre-registration required) </p> |
| <p>14 Boneless Chicken Cacciatori 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p> <hr/> <p>Flowers Word Search </p> | <p>15 Roasted Salmon 9:30 FAN FOOD @ BISHOP RYAN 10:00 Drawing w/ Bill 10:00 Knitting & Crocheting 11:00 PRESENTATION-Energy Affordability Programs with PSEG & National Grid 12:45 Computer Class w/ Larry</p> | <p>16 Meatloaf w/ Brown Gravy 10:00 Rummikub 10:45 Stretch & Tone 10:30 Wake & Bake-Strawberry Scones </p> <hr/> <p>6:00-8:00-Adult Children Support Group- HBSC (dinner served @ 6pm)</p> | <p>17 Classic Chef Salad 10:00 Open Table Games 10:00 Senior Celebration at Villa Lombardi's (pre-registration required) 11:30 Sing A Long </p> <hr/> <p>May Day Garden Party & Birthday Party honoring our 90+ seniors </p> | <p>18 Roast Pork w/ Cranberry Glaze</p> <hr/> <p>2:30 Book Discussion Group- "Cutting For Stone" @ HBSC 4:30-7:00-Game Night HBSC (pre-registration required) </p> |
| <p>21 Spaghetti Meatballs 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p> <hr/> <p>BRAIN TEASER </p> | <p>22 Stuffed Sole 10:00 Drawing w/ Bill 10:00 Gardening w/ Mary 11:00 SCOFA-Nutrition Presentation-Foods to Help Boost Your Memory 12:45 Computer Class w/ Larry</p> | <p>23 Grilled Flank Steak Over Mixed Greens 10:30 Cornell Cooperative Presentation "Sugar Busters" 10:45 Stretch & Tone</p> | <p>24 Vegetable Lasagna 10:00 Open Table Games 10:30 Intergenerational Game Day w/ Riverhead Charter School Students </p> <hr/> <p>3-5pm SAGE East End Mingle-HBSC (light dinner served)</p> | <p>25 Chicken Cordon Bleu 10:30 Coffee & Conversation 10:30 Line Dancing w/ Jean & Linda 11:00-3:00 FUN FRIDAY- drop-in card games, Cribbage, Scrabble, Canasta and more!</p> <hr/> <p>Memorial Day Word Search </p> |
| <p>28 CENTER CLOSED MEMORIAL DAY </p> | <p>29 Crab Cake w/ Tartar Sauce 10:00 Drawing w/ Bill 10:00 Knitting & Crocheting 12:45 Computer Class w/ Larry</p> <hr/> <p>Health & Fitness Word Search </p> | <p>30 Grilled Chicken Caesar Salad 10:30 National Senior Health and Fitness Day @ Good Ground Park (pre-registration required) </p> <hr/> <p>10:45 Stretch & Tone 12:00 Caregiver's Support Group-HBSC (lunch served at 12noon)</p> | <p>31 Grilled Pork Chops w/ Pineapple 10:00 Open Table Games 11:30 Sing A Long </p> | <p>Shopping to Riverhead Stores w/ Shuttle Buses Every Friday Make your apt w/ the Shuttle... 631-728-1110 </p> |