


















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Friday Make your appt w/ the Shuttle... 631-728-1110</p> 	<p>Thrift table will be open Mondays, Tuesdays & Thursdays at 10am!!</p>  <p>-----</p> <p>May is Older American's Month! This year's theme... "Connect, Create, Contribute..."</p> <p>Look for special activities throughout the month!</p>	<p>1 Seafood Salad over Mixed Greens 10:00 Cornell Cooperative Extension Presentation 11:00 Spring Mandela Coloring 12:45 BINGO</p>	<p>2 Grilled Flank Steak w/Mushroom Gravy 10:00 Open Table Games 10:00 Yoga w/ Beth 11:30 Sing A Long </p> <p>-----</p> <p>Cinco de Mayo Word Searches </p> <p>-----</p>	<p>3 Flounder Almandine 8:00 Bus departs for Mohegan Sun (pre-registration required) 10:00 Horse Racing  11:00 Phone Scam Presentation w/ Southampton Police Lieutenant Susan Ralph</p>
<p>6 Fried Chicken 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p>	<p>7 Four Cheese Baked Ziti 10:00 Knitting & Crocheting 10:00 Drawing w/ Bill 10:30 Site Council Meeting 11:00 Blood Pressure Screening 1:00 Computer Class w/ Brutus (pre-registration required)</p>	<p>8 Shepherd's Pie 10:00 Rummikub 10:00 May Day Flower Basket Craft 10:00 Massage w/ Loretta 10:45 Stretch & Tone 12:45 BINGO</p> <p>6:00- Grandparents Raising Grandchildren Support Group-HBSC (dinner served @ 6pm)</p>	<p>9 Eggplant Parmesan 10:00 Open Table Games 10:00 Yoga w/ Beth 11:30 Sing A Long  12:45 Movie Day "The Old Man & the Gun"  3-5pm SAGE East End Mingle-HBSC</p>	<p>10 Broiled Salmon w/Lemon Butter and Dill 10:00 SCOFA Advocate-Frank Masterson 10:00 Coffee & Conversation 11:15 Celebrate Mother's Day</p> <p>-----</p> <p>Mother's Day Word Search </p> <p>-----</p>
<p>13 Stuffed Cabbage 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p>	<p>14 Chicken Marsala 10:00 Drawing w/ Bill 10:00 Pet Therapy 11:00 In and Out of the Garden w/ Mary 1:00 Computer Class w/ Brutus (pre-registration required)</p>	<p>15 Tuscan Pork Roast 10:00 Rummikub 10:15 Garden Party Favors 10:45 Stretch & Tone 12:45 BINGO</p> <p>-----</p> <p>Nurse's Day Word Search & Crossword </p> <p>-----</p> <p>6:00 Adult Children's Support Group (dinner served @ 6pm)</p>	<p>16 Meatloaf w/ Mushroom Gravy 10:00 Open Table Games 10:00 Yoga w/ Beth 11:30 Sing A Long </p>	<p>17 Mediterranean Codfish 10:30 May Day Garden Party Monthly Birthday Party </p> <p>-----</p>
<p>20 Braised Veal w/Mushroom Cream Sauce 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p>	<p>21 Chicken Enchilada 9:30 FAN FOOD @ BISHOP RYAN 10:00 Knitting & Crocheting 10:00 Drawing w/ Bill 10:30 Spring Card Crafting w/ Pam 1:00 Computer Class w/ Brutus (pre-registration required)</p>	<p>22 Sloppy Joe 10:00 Rummikub 10:45 Stretch & Tone 12:45 BINGO</p>	<p>23 Stuffed Sole 10:00 Open Table Games 10:00 Yoga w/ Beth 11:30 Sing A Long </p> <p>3-5pm SAGE East End Mingle-HBSC (light dinner served)</p>	<p>24 Penne Carbonara 10:00 Coffee & Conversation 10:30 Line Dancing w/ Jean & Linda 11:45 Memorial Day Remembrance w/ Riverhead VFW members</p> <p>-----</p> <p>Memorial Day Word Search </p> <p>-----</p> <p>2:30 Book Discussion Group- "The Tea Girl from Hummingbird Lane"-HBSC</p>
<p>27 CENTER CLOSED MEMORIAL DAY</p> 	<p>28 Teriyaki Pork Roast 10:00 Drawing w/ Bill 1:00 Computer Class w/ Bruno</p>	<p>29 Seafood Salad Over Mixed Greens 10:00 Rummikub 10:30 National Senior Health and Fitness Day @ Good Ground Park (pre-registration required)  12:45 BINGO</p> <p>12:00 Caregiver's Support Group-HBSC (lunch served at 12noon)</p>	<p>30 Grilled Flank Steak w/Mushroom Gravy 10:00 Open Table Games 10:00 Yoga w/ Beth 11:30 Sing A Long </p>	<p>31 Flounder Almandine 10:00 Coffee & Conversation 10:30 Line Dancing w/ Jean & Linda 4:30-7:00- Game Night - HBSC (pre- registration required) </p>