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<p>May is Older American's Month! <i>This year's theme... "Engage at Every Age"</i></p> <p>Look for and ENGAGE in special activities throughout the month!</p>	<p>1 Crab Cake w/ Tartar Sauce 10:30 Chair Yoga 1:30 Writer's Workshop</p>	<p>2 Grilled Chicken Caesar Salad 9:00 Mah Jongg 9:30 Seniors 4 Kids 10:30 Massage w/ Loretta 12:45 Movie Day- "Just Getting Started"</p> 	<p>3 Grilled Pork Chops w/ Pineapple</p> <p>-----</p> <p>May Day Garden Party & Birthday Party honoring our 90+ seniors w/ Tommy Parris</p> 	<p>4 Eggplant Parm 10:00 Stretch & Tone 10-11:30 Tablet Class 10:30 The Radiance Project- Create a Mandela w/ Andrea Cote 1:00 Canasta</p> <p>-----</p> <p>Cinco De Mayo Word Search</p> 
<p>7 Fried Chicken 10:00 Stretch & Tone 10:30 11:15 Meditation & Relaxation</p> <p>-----</p> <p>Mother's Day Word Search</p> 	<p>8 Potato Crusted Cod 10:15 Chair Yoga (schedule change due to presentation) 10:00 Knitting & Crocheting 11:00 SCOFA-Nutrition Presentation-Foods to Boost Your Memory 1:00 An Afternoon Paint Party w/ Carolyn (pre-registration required) 1:30 Writer's Workshop</p> 	<p>9 Swedish Meatballs w/ Gravy 9:00 Mah Jongg 9:30 Seniors 4 Kids</p> <p>-----</p> <p>6:00- Grandparents Raising Grandchildren (dinner served @ 6pm)</p>	<p>10 Chicken Milano 10:00 Sing-A-Long 10:30 Coffee and Conversation</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <p>-----</p> <p>3-5pm SAGE East End Mingle</p>	<p>11 Orange Glazed Chicken 10:00 Stretch & Tone 10-11:30 Tablet Class 11:15 Mother's Day Reminiscing & Trivia 12:45 Mini Golf in Southampton (pre-registration required) 1:00 Canasta</p> 
<p>14 Boneless Chicken Cacciatore 10:00 Stretch & Tone 10:30 Wake & Bake- Strawberry Scones 11:15 Meditation & Relaxation</p> 	<p>15 Roasted Salmon 9:30 FAN FOOD @ BISHOP RYAN 10:30 Chair Yoga 1:30 Writer's Workshop</p>	<p>16 Meatloaf w/ Brown Gravy 9:00 SCOFA Advocate-Frank Masterson 9:00 Mah Jongg 9:30 Seniors 4 Kids</p> <p>-----</p> <p>Flowers Word Searches</p>  <p>-----</p> <p>6:00 Adult Children's Support Group (dinner served @ 6pm)</p>	<p>17 Classic Chef Salad 10:00 Senior Celebration at Villa Lombardi's (pre-registration required) 10:00 Sing-A-Long 10:30 Coffee and Conversation 12:45 Movie Day- "Just Getting Started"</p>  	<p>18 Roast Pork w/ Cranberry Glaze 10:00 Stretch & Tone 10-11:30 Tablet Class 11:15 Everything You Need to Know...The Royal Wedding of Prince Harry and Meghan Markle 3:00 Canasta 2:30 Book Discussion Group- "Cutting for Stone" 4:30-7:00- Game Night (pre-registration required)</p>  
<p>21 Spaghetti Meatballs 10:00 Stretch & Tone 10:30 Gardening w/ Mary 11:15 Meditation & Relaxation</p> <p>BRAIN TEASER</p> 	<p>22 Stuffed Sole 9:00 SCOFA Advocate-Frank Masterson 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:30 Writer's Workshop</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p> 	<p>23 Grilled Flank Steak Over Mixed Greens 9:00 Mah Jongg 9:30 Seniors 4 Kids 10:45 Art Therapy-Mandela Coloring</p> 	<p>24 Vegetable Lasagna 10:30 INTERGENERATIONAL GAME DAY w/ HB ELEMENTARY STUDENTS</p>  <p>-----</p> <p>3-5pm SAGE East End Mingle</p>	<p>25 Chicken Cordon Bleu 10:00 Stretch & Tone 10-11:30 Tablet Class 1:00 Canasta</p> <p>-----</p> <p>Memorial Day Word Search</p> 
<p>28</p> <p>CENTER CLOSED</p> <p>MEMORIAL DAY</p> 	<p>29 Crab Cake w/ Tartar Sauce 10:30 Chair Yoga 1:30 Writer's Workshop</p> <p>-----</p> <p>Health & Fitness Word Search</p> 	<p>30 Grilled Chicken Caesar Salad 9:00 Mah Jongg 10:30 National Senior Health and Fitness Day @ Good Ground Park (pre-registration required) 12:00 Caregiver's Support Group (lunch served at 12noon)</p> 	<p>31 Grilled Pork Chops w/ Pineapple 10:00 Sing-A-Long 10:15 Coffee and Conversation 11:00 PRESENTATION-Energy Affordability Programs with PSEG & National Grid</p>	<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</p> <p>-----</p> <p>Shopping in Hampton Bays Every Wednesday w/Shuttle Buses</p> 