
















**MAY 2019**

Bingo every day except Wednesday

-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p><b>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</b></p> <p>-----</p> <p><b>Shopping in Hampton Bays Every Wednesday w/Shuttle Buses</b></p> 	<p>May is Older American's Month!</p> <p>This year's theme... "Connect, Create, Contribute..."</p> <p>Look for special activities throughout the month!</p>	<p><b>1 Seafood Salad over Mixed Greens</b>  <b>9:00</b> Mah Jongg  <b>9:00</b> Exercise w/ Larry  <b>12:45</b> Chair Yoga w/ Beth</p>	<p><b>2 Grilled Flank Steak w/ Mushroom Gravy</b>  <b>9:30</b> Blood Pressure Screening w/ Barbara</p> <p>-----</p> <p><b>MAY DAY GARDEN PARTY &amp; Monthly Birthday Party w/ Tommy Parris</b></p> 	<p><b>3 Flounder Almandine</b>  <b>8:15</b> Bus departs for Mohegan Sun  <b>10:00</b> Stretch &amp; Tone  <b>10-11:30</b> Tablet Class  <b>1:00</b> Canasta  <b>2:30</b> April Book Discussion</p> <p>-----</p> <p><b>Cinco de Mayo Word Search</b></p> 
<p><b>6 Fried Chicken</b>  <b>10:00</b> Stretch &amp; Tone  <b>10:45</b> Art Therapy-Mandela Coloring  <b>11:15</b> Meditation &amp; Relaxation</p> 	<p><b>7 Four Cheese Baked Ziti</b>  <b>10:30</b> Chair Yoga  <b>1:30</b> Writers Group</p> <p>-----</p> <p><b>THRIFTY BOUTIQUE SHOP IS OPEN!</b></p> 	<p><b>8 Shepherd's Pie</b>  <b>9:00</b> Mah Jongg  <b>9:00</b> SCOFA Advocate-Frank Masterson  <b>10:30</b> Massage w/ Loretta  <b>12:45</b> Chair Yoga w/ Beth  <b>12:45</b> Movie Day-"The Man &amp; the Gun"  <b>6:00</b> Grandparents Raising Grandchildren Support Group (dinner served @ 6m)</p> 	<p><b>9 Eggplant Parmesan</b>  <b>10:00</b> Sing-A-Long  <b>10:30</b> Coffee and Conversation  <b>3-5pm</b> SAGE East End Mingle</p> <p>-----</p> <p><b>Mother's Day Word Search</b></p> 	<p><b>10 Broiled Salmon w/ Lemon Butter and Dill</b>  <b>10:00</b> Stretch &amp; Tone  <b>10:45</b> In and Out of the Garden w/ Mary  <b>11:30</b> Celebrate Mother's Day  <b>1:00</b> Canasta</p>
<p><b>13 Stuffed Cabbage</b>  <b>10:00</b> Stretch &amp; Tone  <b>11:15</b> Meditation &amp; Relaxation</p> <p>-----</p> <p><b>Nurse's Day Word Search</b></p> 	<p><b>14 Chicken Marsala</b>  <b>10:00</b> Knitting &amp; Crocheting  <b>10:30</b> Chair Yoga  <b>1:30</b> Writers Group</p>	<p><b>15 Tuscan Pork Roast</b>  <b>9:00</b> Mah Jongg  <b>9:00</b> Exercise w/ Larry</p> <p><b>6:00</b> Adult Children's Support Group (dinner served @ 6pm)</p>	<p><b>16 Meatloaf w/ Mushroom Gravy</b>  <b>10:00</b> Sing-A-Long  <b>10:30</b> Coffee and Conversation  <b>12:45</b> Movie Day-"The Man &amp; the Gun"</p> 	<p><b>17 Mediterranean Cod Fish</b>  <b>10:00</b> Stretch &amp; Tone  <b>10-11:30</b> Tablet Class  <b>11:00</b> Nutrition Presentation w/ Colleen from SCOFA  <b>1:00</b> Canasta</p>
<p><b>20 Braised Veal w/ Mushroom Cream Sauce</b>  <b>10:00</b> Stretch &amp; Tone  <b>11:15</b> Meditation &amp; Relaxation</p>	<p><b>21 Chicken Enchilada</b>  <b>9:00</b> SCOFA Advocate-Frank Masterson  <b>9:30</b> FAN FOOD @ BISHOP RYAN  <b>10:30</b> Chair Yoga  <b>1:30</b> Writers Group  <b>4:00-6:00</b> An Afternoon of Horse Racing (pre-registration required &amp; light refreshments served)</p>	<p><b>22 Sloppy Joe</b>  <b>9:00</b> Mah Jongg  <b>10:00</b> Art Therapy-Mandela Coloring  <b>12:45</b> Chair Yoga w/ Beth</p> 	<p><b>23 Stuffed Sole</b>  <b>10:00</b> Sing-A-Long  <b>10:30</b> Coffee and Conversation</p> <p>-----</p> <p><b>THRIFTY BOUTIQUE SHOP IS OPEN!</b></p>  <p>-----</p> <p><b>3-5pm</b> SAGE East End Mingle (light dinner served)</p>	<p><b>24 Penne Carbonara</b>  <b>10:00</b> Stretch &amp; Tone  <b>1:00</b> Canasta  <b>2:30</b> Book Discussion Group-"Tea Girl from Hummingbird Lane"  <b>3:00</b> Canasta</p> <p>-----</p> <p><b>Memorial Day Word Search</b></p> 
<p><b>27</b></p> <p><b>CENTER CLOSED MEMORIAL DAY</b></p> 	<p><b>28 Teriyaki Pork Roast</b>  <b>10:00</b> Knitting &amp; Crocheting  <b>10:00</b> Hand Reflexology w/ Pam Normandy  <b>10:30</b> Chair Yoga  <b>1:30</b> Writers Group</p>	<p><b>29 Seafood Salad over Mixed Greens</b>  <b>9:00</b> Mah Jongg  <b>10:30</b> National Senior Health and Fitness Day @ Good Ground Park (pre-registration required)</p>  <p><b>12:00</b> Caregiver's Support Group (lunch served at 12noon)</p>	<p><b>30 Grilled Flank Steak w/ Mushroom Gravy</b>  <b>10:30</b> INTERGENERATIONAL GAME DAY w/ HB ELEMENTARY STUDENTS</p> 	<p><b>31 Flounder Almandine</b>  <b>10:00</b> Stretch &amp; Tone  <b>10:00</b> Hand Reflexology w/ Pam Normandy  <b>3:00</b> Canasta  <b>4:30-7:00-</b> Game Night (pre-registration required)</p> 