























July 2018
Multicultural Month

Bingo every day except Wednesday

-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>2 Beer Battered Cod w/ Tartar Sauce 10:00 Stretch & Tone 11:00 Meditation & Relaxation 11:15 Celebrating Canada Day</p>  <p>-----</p> <p>Canada Day Word Puzzles</p> 	<p>3 All American Burger 10:30 Chair Yoga 11:15 America the Beautiful</p>  <p>1:30 Writer's Workshop</p> <p>-----</p> <p>4th of July Word Search</p> 	<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p> 	<p>5 Seafood Salad over Mixed Greens 10:00 Sing-A-Long 10:30 Coffee and Conversation 11:15 National Chocolate Day is Saturday but we are celebrating today!</p> 	<p>6</p> <p>-----</p> <p>Twilight Evening Dinner - "Bottle of Red...Bottle of White...Italian Nights w/ Tommy Parris</p>  <p>Italian Night</p> <p><i>(Pre-registration required)</i></p> <p>-----</p>
<p>9 Pizza Casserole 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p> <p>-----</p> <p>Beach Days Word Search</p>	<p>10 Crab Cake w/ Tartar Sauce 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:30 Writer's Workshop</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p> 	<p>11 Spinach Salad w/ Bacon 9:00 SCOFA Advocate- Frank Masterson 9:00 Mah Jongg 10:45 Art Therapy- Mandela Coloring 11:00 Walk & Stroll 12:45 Movie Day- "The Post"</p>   <p>6:00- Grandparents Raising Grandchildren (dinner served @ 6pm)</p>	<p>12 Chicken Piccata 10:00 Sing-A-Long 10:30 Coffee and Conversation</p> <p>-----</p> <p>3-5pm SAGE East End Mingle</p>	<p>13 Sweet & Sour Pork 10:00 Stretch & Tone 10:15 Bus departs for Friday @ the Beach 11:15 St. Bastille Day- Champagne & Other French Inventions</p>   <p>-----</p> <p>France Word Puzzles & Quizzes</p>  <p>-----</p> <p>1:00 Canasta</p>
<p>16 Salisbury Steak w/ Mushroom Gravy 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p> <p>-----</p> <p>FIND THE HIDDEN OBJECT WORKSHEET</p>	<p>17 Brown Sugar Glazed Ham 9:30 FAN FOOD @ BISHOP RYAN 10:30 Chair Yoga 1:30 Writer's Workshop</p> <p>-----</p> <p>Flowers Word Searches</p> 	<p>18 Chicken Stir Fry 9:00 Mah Jongg 10:45 Horse Racing</p>  <p>10:30 Massage w/ Loretta</p> <p>6:00 Adult Children's Support Group (dinner served @ 6pm)</p>	<p>19 Flounder Francaise 10:00 Sing-A-Long 10:30 Coffee and Conversation 12:45 Movie Day- "The Post"</p> 	<p>20 Spaghetti Bolognese 10:00 Stretch & Tone 1:00 Canasta 2:30 Book Discussion Group- "Thomas Jefferson & The Tripoli Pirates"</p>
<p>23 Curried Coconut Chicken 10:00 Stretch & Tone 10:00 -2:00 FREE Application Assistance for Medicaid Programs 10:30 Gardening w/ Mary 11:00 Meditation & Relaxation (Arts & Crafts Room)</p> <p>-----</p> <p>Fishing Word Search</p> 	<p>24 Grilled Teriyaki Pork 9:00 SCOFA Advocate- Frank Masterson 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:30 Writer's Workshop 4:30 Bus departs for Fishing Trip (pre-registration required)</p> 	<p>25 Veal Parmesan 9:00 Mah Jongg 9:45 Art Therapy- Mandela Coloring 10:45 Ice Cream Social 11:00 Walk & Stroll</p>  <p>12:00 Caregiver's Support Group (lunch served at 12noon)</p>	<p>26 Grilled Chicken Asian Salad over Mixed Greens 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 (light dinner served)</p>	<p>27 Parmesan Crusted Salmon 10:00 Stretch & Tone 10:15 Bus departs for Friday @ the Beach</p>  <p>1:00 Canasta</p>
<p>30 Beer Battered Cod Fish 10:00 Stretch & Tone 11:00 Meditation & Relaxation (Arts & Crafts Room)</p>	<p>31 Chicken Parmesan 10:30 Chair Yoga 1:30 Writer's Workshop</p> <p>-----</p> <p>FIND THE HIDDEN OBJECT WORKSHEET</p>		<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</p> <p>-----</p> <p>Shopping in Hampton Bays Every Wednesday w/ Shuttle</p> 