



















-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</b></p> 		<p><b>1 Ginger Pepper Steak</b>  <b>9:00</b> Mah Jongg</p> <p><b>SPOT THE DIFFERENCE PUZZLES</b>                  1 &amp; 2</p>	<p><b>2 Seafood Salad over Mixed Greens</b>  <b>10:00</b> Sing-A-Long  <b>10:30</b> Coffee and Conversation</p> <p>-----</p> <p><b>Pajama Party Word Search</b></p> 	<p><b>3</b></p> <p>-----</p> <p><b>Twilight Dinner "Pajama Party" w/ Tommy Parris</b></p>  <p>-----</p>
<p><b>6 Baked Ziti w/ Pepperoni</b>  <b>9:00</b> Stretch &amp; Tone w/ Larry  <b>10:00</b> Stretch &amp; Tone w/ Teddy  <b>10:30</b> Gardening w/ Mary  <b>11:15</b> Meditation &amp; Relaxation</p>	<p><b>7 Crab Cake w/ Tartar Sauce</b>  <b>10:30</b> Chair Yoga  <b>10:45</b> Horse Racing  <b>1:30</b> Writer's Workshop</p> <p>-----</p> <p><b>Ocean Life Word Search</b></p> 	<p><b>8 Spinach Salad w/ Bacon</b>  <b>9:00</b> Mah Jongg  <b>10:45</b> Art Therapy-Mandela Coloring  <b>12:45</b> Movie Day- "Wonder"</p>   <p><b>6:00-</b>                  Grandparents Raising Grandchildren (dinner served @ 6pm)</p>	<p><b>9 Chicken Picata</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</p>	<p><b>10 Sweet &amp; Sour Pork</b>  <b>9:00</b> Stretch &amp; Tone w/ Larry  <b>10:00</b> Stretch &amp; Tone w/ Teddy  <b>10:15</b> Bus departs for Friday @ the Beach  <b>1:00</b> Canasta</p> 
<p><b>13 Salisbury Steak w/ Mushroom Gravy</b>  <b>9:00</b> Stretch &amp; Tone w/ Larry  <b>10:00</b> Stretch &amp; Tone w/ Teddy  <b>11:15</b> Meditation &amp; Relaxation</p>	<p><b>14 Brown Sugar Glazed Ham</b>  <b>10:00</b> Knitting &amp; Crocheting  <b>10:30</b> Chair Yoga  <b>1:30</b> Writer's Workshop</p> <p><b>CATCH PHRASE QUIZ</b></p>	<p><b>15 Chicken Stir Fry</b>  <b>9:00</b> SCOFA Advocate-Frank Masterson  <b>9:00</b> Mah Jongg  <b>10:30</b> Massage w/ Loretta</p> <p><b>6:00</b> Adult Children's Support Group (dinner served @ 6pm)</p>	<p><b>16 Flounder Francaise</b>  <b>10:00</b> Sing-A-Long  <b>10:15</b> Coffee and Conversation</p> <p>-----</p> <p><b>Travelling Abroad Word Search</b></p> 	<p><b>17 Spaghetti Bolognese</b>  <b>9:00</b> Stretch &amp; Tone w/ Larry  <b>10:00</b> Stretch &amp; Tone w/ Teddy  <b>1:00</b> Canasta  <b>2:30</b> Book Discussion Group- "Swans of 5<sup>th</sup> Ave"</p> 
<p><b>20 Curried Coconut Chicken</b>  <b>9:00</b> Stretch &amp; Tone w/ Larry  <b>10:00</b> Stretch &amp; Tone w/ Teddy  <b>11:15</b> Meditation &amp; Relaxation</p> <p>-----</p> <p><b>Picnic Word Searches</b></p> 	<p><b>21 Grilled Teriyaki Pork</b>  <b>9:30</b> FAN FOOD @ BISHOP RYAN  <b>10:30</b> Chair Yoga  <b>1:30</b> Writer's Workshop</p> <p>-----</p> <p><b>THRIFTY BOUTIQUE SHOP IS OPEN!</b></p> 	<p><b>22 SENIOR PICNIC at RED CREEK PARK</b>  <b>9:30-2:30pm</b>  <b>\$6.00</b></p>  <p><b>NO</b>                  Pre-registration required!                  See you there!</p>	<p><b>23 Grilled Chicken over Mixed Greens</b>  <b>10:00</b> Sing-A-Long  <b>10:30</b> Coffee and Conversation  <b>12:45</b> Movie Day- "Wonder"</p>  <p><b>3-5pm</b> SAGE East End Mingle</p>	<p><b>24 Parmesan Crusted Salmon</b>  <b>9:00</b> Stretch &amp; Tone w/ Larry  <b>10:00</b> Stretch &amp; Tone w/ Teddy  <b>10:15</b> Bus departs for Friday @ the Beach  <b>1:00</b> Canasta</p> 
<p><b>27 Beer Battered Cod Fish</b>  <b>9:00</b> Stretch &amp; Tone w/ Larry  <b>10:00</b> Stretch &amp; Tone w/ Teddy  <b>10:00 -2:00</b>  <b>FREE Application Assistance for Medicaid Programs</b>  <b>10:30</b> Gardening w/ Mary  <b>11:15</b> Meditation &amp; Relaxation (Arts &amp; Crafts Room)</p>	<p><b>28 Chicken Parmesan</b>  <b>9:00</b> SCOFA Advocate-Frank Masterson  <b>9:30</b> Bus departs for The Hampton Classic</p>  <p><b>10:00</b> Knitting &amp; Crocheting  <b>10:30</b> Chair Yoga  <b>1:30</b> Writer's Workshop</p>	<p><b>29 Ginger Pepper Steak</b>  <b>9:00</b> Mah Jongg  <b>11:00</b> Tick Bourne Illness Presentation by Stony Brook Southampton &amp; Legislator Bridget Fleming's Office</p> <p>-----</p> <p><b>Back to School Word Searches</b></p>  <p>-----</p> <p><b>12:00</b> Caregiver's Support Group (lunch served at 12noon)</p>	<p><b>30 Seafood Salad over Mixed Greens</b>  <b>10:00</b> Sing-A-Long  <b>10:15</b> Coffee and Conversation  <b>11:00</b> Disaster Preparedness Presentation w/ Capt Taveras of the NY Division of Military and Naval Affairs-Citizen Preparedness Corps</p>	<p><b>31 Herb Roasted Chicken</b>  <b>9:00</b> Stretch &amp; Tone w/ Larry  <b>10:00</b> Stretch &amp; Tone w/ Teddy  <b>1:00</b> Canasta</p> <p><b>SPOT THE DIFFERENCE WORK SHEET</b>                  3 &amp; 4</p>