















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>1 BBQ Pork Loin 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p>	<p>2 Potato Crusted Cod 10:00 Knitting & Crocheting 10:30 LI Cares Produce Pick Up 11:15 In the Garden 1:00 BINGO</p> <p>-----</p> <p>Word Puzzle Day </p> <p>-----</p>	<p>3 Spaghetti & Meatballs 10:00 SCOFA Advocate 10-11:30 Card Games 12:30-3:30 Mah Jongg 1:00 Chair Yoga w/ Beth</p>	<p>4 Grilled Chicken ----- Happy Birthday August Babies! </p> <p>-----</p> <p>1:00 BINGO 3:00-5:00 SAGE Meeting</p>	<p>5 Chicken Tenders 10:00 Stretch & Tone 1:00 Canasta</p>
<p>8 Boneless Chicken Cacciatore 10:00 Stretch & Tone 11:00 NO Meditation today 12:45 Movie Day- My Father's Violin </p>	<p>9 Brown Sugar Glazed Ham 11:15 In the Garden 1:00 BINGO</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN! </p> <p>-----</p>	<p>10 Meat Lasagna 10:30 Art Therapy-Mandela Coloring  11:00 Project Hope – "Tips for Living in the 2020's" 12:30-3:30 Mah Jongg 1:00 Chair Yoga w/ Beth</p>	<p>11 Seafood Salad 10:45 Horse Racing 1:00 BINGO</p>	<p>12 Roast Pork 10:00 Stretch & Tone 11:15 International Left Handers Day 12:45 Movie Day- My Father's Violin  1:00 Canasta</p>
<p>15 Chicken Burger 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p>	<p>16 Grilled Flank Steak 9:00 Hand Reflexology w/ Pam Normandy 10:00 Knitting & Crocheting 11:15 In the Garden 1:00 BINGO</p>	<p>17 Sweet & Sour Chicken 10-11:30 Card Games 12:30-3:30 Mah Jongg 1:00 Chair Yoga w/ Beth</p>	<p>18 Stuffed Sole 9:00 Hand Reflexology w/ Pam Normandy 10:30 Coffee and Conversation  1:00 BINGO</p> <p>-----</p> <p>Word Puzzle Day </p> <p>-----</p>	<p>19 Cheese Stuffed Shells w/ Carbonara 10:00 Stretch & Tone 11:15 Tribute to Coco Channel 1:00 Canasta</p>
<p>22 Beef Stroganoff 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p>	<p>23 Eggplant Parmesan 10:30 Art Therapy-Mandela Coloring  11:15 In the Garden</p> <p>-----</p> <p>Word Puzzle Day </p> <p>-----</p> <p>1:00 BINGO</p>	<p>24 Crab Cake w/ Remoulade 11:00 Project Hope – "Tips for Living in the 2020's" 12:30-3:30 Mah Jongg 1:00 Chair Yoga w/ Beth</p>	<p>25 Chef Salad 10:30 Coffee and Conversation 1:00 BINGO</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN! </p> <p>-----</p>	<p>26 Bangers & Mash 10:00 Stretch & Tone 1:00 Canasta 2:30 Book Discussion Group w/ Pam</p>
<p>29 BBQ Pork Loin 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p> <p>-----</p> <p>Word Puzzle Day </p> <p>-----</p>	<p>30 Potato Crusted Cod  9:15 Bus departs for the Hampton Classic (pre registration required) 10:30 Checkers 11:15 In the Garden 1:00 BINGO</p>	<p>31 Spaghetti & Meatballs 10-11:30 Card Games 12:30-3:30 Mah Jongg 1:00 Chair Yoga w/ Beth</p>	<p>VIRTUAL SUPPORT GROUPS:</p> <p>Grandparents Raising Grandkids Every Wednesday 1-2:30pm</p> <p>Adult Children Of Aging Parents 3rd Wednesday of the Month 7-8:30pm</p> <p>Caregivers Group Every Monday 1-2:30pm</p> <p>Call 631-728-1235 for more information</p>	<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday ----- Shopping in Hampton Bays Stores w/ Shuttle Buses Every Wednesday </p>



AUGUST 2022 CONGREGATE MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Pork Loin – Roasted Cauliflower – Mac ‘n Cheese – Apple Juice – Corn Bread – Fresh Grapes & Milk	2 Potato Crusted Codfish over Rice – Asparagus – Apple Juice – Roasted Yellow Squash – Wheat Bread – Rice Pudding & Milk	3 Spaghetti ‘n Meatballs – Fresh Broccoli – Grape Juice – Capri Blend Vegetables – Italian Bread – Lemon Pound Cake & Milk	4 Grilled Chicken, Blueberries, Walnuts & Feta w/Spinach and Tomatoes – Kale Slaw – Potato Salad – Rye Bread – Nectarine & Milk	5 Fried Chicken Tenders w/Honey Mustard – Roasted Squash w/Tomatoes – Orange Juice – Sweet Potato – Dinner Roll – Melon Salad & Milk
8 Boneless Chicken Cacciatore – Fresh Broccoli – Cranberry Juice – Yellow Beans – Noodles – Dinner Roll – Chocolate Chip Cookies & Milk	9 Brown Sugar Glazed Ham – Green Beans w/Garlic & Tomatoes – Orange Juice – Corn – Dinner Roll – Sliced Pears & Milk	10 Meat Lasagna – Roasted Fennel – Steamed Carrots – Orange Juice – Italian Bread – Vanilla Pudding w/Sprinkle & Milk	11 Seafood Salad over Mixed Greens w/Tomatoes – Fresh Coleslaw – Couscous Salad – Multigrain Bread – Fresh Orange & Milk	12 Roast Pork w/Pepper Corn Sauce – Cauliflower au Gratin – Steamed Red Potatoes – Orange Juice – Wheat Roll – Strawberry Applesauce & Milk
15 Chicken Burger w/Swiss Cheese – Braised Chard w/Garlic & Oil – Orange Juice – Wheat Roll – Apple Crisp & Milk	16 Grilled Flank Steak over Arugula w/Tomatoes – Carrot Salad – Black Bean Corn Salad – French Roll – Fresh Grapes & Milk	17 Sweet ‘n Sour Chicken – Fresh Broccoli – Pineapple Juice – Yellow Beans – White Rice – Sourdough Bread – Orange Cake & Milk	18 Stuffed Sole – Garlic Spinach – Apple Juice – Sweet Potato – French Roll – Fresh Pear & Milk	19 Cheese Stuffed Shells w/Carbonara Sauce – Escarole w/White Beans – Roasted Zucchini – Dinner Roll – Pineapple Chunks & Milk
22 Beef Stroganoff – Asparagus – Mixed Vegetables – Egg Noodles – Wheat Bread – Apple Turnover & Milk	23 Eggplant Parmesan – Normandy Blend Vegetables – Orange Juice – Bow Tie Pasta – Italian Bread – Fresh Watermelon & Milk	24 Crab Cake w/Remoulade – Garlic Spinach – Carrots – Wild Rice – Wheat Bread – Fresh Pear & Milk	25 Chef Salad over Romaine – Broccoli Slaw – Macaroni Salad – Assorted Roll – Fresh Cut Fruit & Milk	26 Banger and Mash (Pork & Sage Sausage) w/Mushroom Gravy – Yellow Beans – Green Peas – Mashed Potatoes – Dinner Roll – Fresh Plum & Milk
29 BBQ Pork Loin – Roasted Cauliflower – Mac ‘n Cheese – Apple Juice – Corn Bread – Fresh Grapes & Milk	30 Potato Crusted Codfish over Rice – Asparagus – Apple Juice – Roasted Yellow Squash – Wheat Bread – Rice Pudding & Milk	31 Spaghetti ‘n Meatballs – Fresh Broccoli – Grape Juice – Capri Blend Vegetables – Italian Bread – Lemon Pound Cake & Milk	Sept. 1 Grilled Chicken, Blueberries, Walnuts & Feta w/Spinach and Tomatoes – Kale Slaw – Potato Salad – Rye Bread – Nectarine & Milk	Sept. 2 Fried Chicken Tenders w/Honey Mustard – Roasted Squash w/Tomatoes – Orange Juice – Sweet Potato – Dinner Roll – Melon Salad & Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Please inform Center staff if you have a food allergy

PRE-REGISTRATION REQUIRED A DAY IN ADVANCE.

Advise staff of alternate choice when making reservation

GRAB ‘N GO MEALS – PRE-REGISTRATION REQUIRED

Alternative Entrée:

NOT AVAILABLE FOR GRAB ‘N GO

Week of Aug.1 & 29

Week of Aug. 8

Week of Aug. 15

Week of Aug. 22

Hot: Pizza Slice

Hot: Spanish Omelet

Hot: Fish Sandwich on Roll

Hot: Grilled Cheese

Cold: BLT Salad

Cold: Egg Salad Plate

Cold: Prosciutto, Cheese, Fruit Plate

Cold: Caprese Salad