








-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>1 BBQ Pork Loin 10:00 Chair Yoga-Video 10:30 Line Dancing w/ Linda 1:00 Advanced Line Dancing w/ Maxine</p>	<p>2 Potato Crusted Codfish 9:30 Rummikub 10:00 Rubber Stamping Craft 10:30 LI Cares 11:00 Blood Pressure Screening National Ice Cream Sandwich Day</p>	<p>3 Spaghetti & Meatballs 10:00 Stretch & Tone 10:30 Bean Bag Toss w/ Lemonade 11:00 Come Paint – Wooden & Ceramic items (FEE-\$3.00 to \$5.00 an item) 12:45 BINGO</p>	<p>4 Grilled Chicken 9:00 Table Games 10:00 Chair Yoga w/ Beth 11:15 Sing A Long Summer Songs</p>	<p>5 Chicken Tenders 10:00 Coffee & Conversation 10:45 Sea Glass Art Craft (FEE - \$5.00 Make & Take Home) 12:45 BINGO</p> 
<p>8 Boneless Chicken Cacciatore 10:00 Chair Yoga-Video 10:30 Line Dancing w/ Linda 1:00 Advanced Line Dancing w/ Maxine</p> <hr/> <p>WORD PUZZLE DAY</p> 	<p>9 Brown Sugar Glazed Ham 9:30 Rummikub 10:00 Knitting & Crocheting 11:30 Staying Hydrated Discussion</p>	<p>10 Meat Lasagna 10:00 Stretch & Tone 10:30 Summer Shell Painting 12:45 BINGO</p>	<p>11 Seafood Salad 9:00 Table Games 10:00 Chair Yoga w/ Beth 11:15 In the Garden 12:45 Movie Day- My Father's Violin</p> 	<p>12 Roast Pork 10:00 Coffee & Conversation-Book Lovers Day- discuss favorite books and take a book home to read 11:15 International Left Hander's Day 12:45 BINGO</p>
<p>15 Chicken Burger 10:00 Chair Yoga-Video 10:30 Line Dancing w/ Linda 1:00 Advanced Line Dancing w/ Maxine</p>	<p>16 Grilled Flank Steak 9:30 Rummikub 10:00 Knitting & Crocheting 10:30 Cards & Games National Tell A Joke Day</p>	<p>17 Sweet & Sour Chicken 10:00 Stretch & Tone 10:30 Bean Bag Toss w/ Lemonade 11:00 Come Paint – Wooden & Ceramic items (FEE-\$3.00 to \$5.00 an item) 12:45 BINGO</p>	<p>18 Stuffed Sole 9:00 Table Games 10:00 Chair Yoga w/ Beth 11:00 Coffee & Conversation 11:30 Ukulele Music</p>	<p>19 Cheese Stuffed Shells w/ Carbonara Sauce 10:45 August Birthday Celebration Music w/ Tom Parris</p> 
<p>22 Beef Stroganoff 10:00 Chair Yoga-Video 10:30 Line Dancing w/ Linda 1:00 Advanced Line Dancing w/ Maxine</p>	<p style="text-align: center;">CENTER CLOSED FOR ELECTION</p>	<p>24 Crab Cake w/ Remoulade 10:00 SCOFA Advocate 10:00 Stretch & Tone 10:30 Shell Painting 12:45 BINGO</p> <hr/> <p>WORD PUZZLE DAY</p> 	<p>25 Chef Salad 9:00 Table Games 10:00 Chair Yoga w/ Beth 11:15 In the Garden</p>	<p>26 Banger & Mash 10:00 SCOFA Advocate 10:00 Coffee & Conversation 12:45 BINGO 2:30 Book Discussion w/Pam @ HBSC</p>
<p>29 BBQ Pork Loin 10:00 Chair Yoga-Video 10:30 Line Dancing w/ Linda 1:00 Advanced Line Dancing w/ Maxine</p>	<p>30 Potato Crusted Codfish 9:00 Bus departs for the Hampton Classic (pre registration required) 9:30 Rummikub 10:00 Knitting & Crocheting 10:30 Cards & Games 11:00 How are Boomers Making a Difference?</p> 	<p>31 Spaghetti & Meatballs 10:00 Stretch & Tone 10:30 Pet Therapy w/ Southampton Animal Shelter 12:45 BINGO</p>	<p style="text-align: center;">Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</p> <hr/> <p style="text-align: center;">Shopping in Hampton Bays Stores w/ Shuttle Buses Every Wednesday</p> 	<p style="text-align: center;">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 style="text-align: center;">Call 631-728-1235 for more information</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