


















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p><b>Thrift table will be open Mondays, Tuesdays &amp; Thursdays at 10am!!</b></p> 	<p><b>1 Chicken Marsala</b>  <b>10:00</b> Drawing w/ Bill  <b>10:00</b> Knitting &amp; Crocheting  <b>10:30</b> Pet Therapy  <b>11:00</b> Blood Pressure Screening</p>	<p><b>2 Cheeseburger w/ Lettuce, Tomato &amp; Red Onion</b>  <b>9:45</b> Scrabble Game  <b>10:45</b> Stretch &amp; Tone  <b>11:30</b> Time for Trivia  <b>12:45</b> BINGO</p>	<p><b>3 Stuffed Sole</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Chair Yoga w/ Beth  <b>11:00</b> Spot Light on Paul Newman  <b>11:30</b> Sing A Long </p>	<p><b>4 Hungarian Goulash</b>  <b>10:00</b> Horse Racing   <b>11:30</b> World Teacher Day                      -----  <b>Teachers Word Search &amp; Info</b> </p>
<p><b>7 Baked Salmon</b>  <b>10:30</b> Chair Yoga-Video  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>1:00</b> Advanced Line Dancing w/ Jean &amp; Maxine</p> <p><b>Bring a Friend Week!</b></p>	<p><b>8 Meatloaf w/ Gravy</b>  <b>10:00</b> Drawing w/ Bill  <b>10:00</b> Site Council Meeting  <b>10:30</b> Short Story Discussion  <b>1:00</b> Computer Class w/ Brutus <i>(pre-registration required)</i>                      -----  <b>Columbus Day/ World Explorers Word Search</b> </p>	<p><b>9</b>                      -----  <b>10AM BRUNCH SERVED CENTER CLOSES @ 12 NOON FOR STAFF TRAINING</b>                      -----  <b>6:00</b> Grandparents Raising Grandchildren Support Group-HBSC (dinner served @ 6pm)</p>	<p><b>10 BBQ Pork Loin</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Chair Yoga w/ Beth  <b>11:00</b> Spot Light on Doris Day  <b>11:30</b> Sing A Long   <b>12:45</b> <b>Movie Day "Poms"</b>   <b>3-5pm</b> SAGE East End Mingle-HBSC</p>	<p><b>11 Stuffed Cabbage</b>  <b>9:00</b> Ping Pong  <b>9:30</b> SCOFA Advocate-Frank Masterson  <b>10:00</b> Rummikub  <b>10:00</b> Coffee &amp; Conversation  <b>11:00</b> Fun Friday-Table Games, Billiards etc...  <b>1:00</b> Bus departs for the Cornell Cooperative Ext. Marine Program at Tiana Bayside <i>(pre-registration required-call or see Heather to sign up)</i></p>
<p><b>14 CENTER CLOSED COLUMBUS DAY</b></p> 	<p><b>15 Fried Chicken</b>  <b>9:30 FAN FOOD @ BISHOP RYAN</b>  <b>10:00</b> Drawing w/ Bill  <b>10:00</b> Knitting &amp; Crocheting  <b>10:30</b> Apple Crisp Recipe &amp; Snack  <b>1:00</b> Computer Class w/ Brutus <i>(pre-registration required)</i></p>	<p><b>16 Macaroni Beef &amp; Tomato Casserole</b>  <b>9:45</b> Scrabble  <b>10:30</b> Massage w/ Loretta  <b>10:45</b> Stretch &amp; Tone  <b>11:30</b> Time for Trivia  <b>12:45</b> BINGO                      -----  <b>Hockey &amp; Football Word Searches</b>                       -----  <b>6:00</b> Adult Children's Support Group-HBSC (dinner served @ 6pm)</p>	<p><b>17 Flounder Florentine</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Chair Yoga w/ Beth  <b>11:00</b> Spot Light on Johnny Carson  <b>11:30</b> Sing A Long </p>	<p><b>18 Oktoberfest Sauerbraten</b>                      -----  <b>Monthly Birthday Party w/ Tom Parris</b>                       -----  <b>50/50 Raffle &amp; Dancing</b></p>
<p><b>21 Stuffed Peppers</b>  <b>10:30</b> Chair Yoga-Video  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>1:00</b> Advanced Line Dancing w/ Jean &amp; Maxine</p>	<p><b>22 Beef Stew</b>  <b>10:00</b> Drawing w/ Bill  <b>10:00</b> Pumpkin Painting  <b>11:00</b> In and Out of the Garden w/ Mary                      -----  <b>Candy Word Search</b> </p>	<p><b>23 Orange Ginger Pork Roast</b>  <b>9:45</b> Scrabble  <b>10:45</b> Stretch &amp; Tone  <b>12:45</b> BINGO</p>	<p><b>24 Beer Battered Cod</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Chair Yoga w/ Beth  <b>11:00</b> Spot Light on Elizabeth Taylor  <b>11:30</b> Sing A Long   <b>3-5pm</b> SAGE East End Mingle-HBSC <i>(light dinner served)</i></p>	<p><b>25 Roast Turkey &amp; Gravy</b>  <b>9:00</b> Ping Pong  <b>10:00</b> Rummikub  <b>10:00</b> Coffee &amp; Conversation  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>11:00</b> Fun Friday-Table Games, Billiards etc...  <b>2:30</b> Book Discussion Group- "Rules of Civility" -HBSC</p>
<p><b>28 Eggplant Parmesan</b>  <b>10:30</b> Chair Yoga-Video  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>1:00</b> Advanced Line Dancing w/ Jean &amp; Maxine</p>	<p><b>29 Chicken Marsala</b>  <b>10:00</b> Drawing w/ Bill  <b>10:00</b> Fill Goodie Bags for our In-House Party                       -----  <b>Solve the Riddles</b> </p>	<p><b>30 Cheeseburger w/ Lettuce, Tomato &amp; Red Onion</b>  <b>10:00</b> Fill Goodie Bags for our Homebound Friends   <b>10:45</b> Stretch &amp; Tone  <b>12:45</b> BINGO  <b>12:00</b> Caregiver's Support Group-HBSC (lunch served at 12noon)</p>	<p><b>31 Stuffed Sole</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Chair Yoga w/ Beth  <b>11:00</b> Halloween Party...wear your costume!                      -----  <b>Halloween Word Search</b> </p>	<p><b>Shopping To Riverhead Stores w/ Shuttle Buses Every Friday Make your appt w/ the Shuttle... 631-728-1110</b></p> 