


















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p><b>1 Salisbury Steak</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>1:00</b> Advanced Line Dancing w/ Jean &amp; Maxine</p> <hr/> <p>Canada Day Word Searches </p>	<p><b>2 Stuffed Peppers</b>  <b>10:00</b> Knitting &amp; Crocheting  <b>10:00</b> Drawing w/ Bill  <b>10:00</b> Pet Therapy  <b>11:00</b> Blood Pressure Screening  <b>11:00</b> In and Out of the Garden w/ Mary</p>	<p><b>3 Grilled Chicken Caesar Salad</b>  <b>10:00</b> Rummikub  <b>10:45</b> Stretch &amp; Tone  <b>10:15</b> Shell Painting  <b>11:30</b> Trivia Time  <b>12:45</b> BINGO</p> <hr/> <p>Independence Day Word Searches </p>	<p><b>4</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>5</b></p> <p><b>CENTER CLOSED</b></p> 
<p><b>8 Apple Glazed Ham</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>1:00</b> Advanced Line Dancing w/ Jean &amp; Maxine</p>	<p><b>9 Swedish Meatballs w/ Gravy</b>  <b>10:00</b> Drawing w/ Bill  <b>10:30</b> Site Council Meeting  <b>11:00</b> Mandela Coloring</p>	<p><b>10 Herb Roasted Chicken</b>  <b>10:00</b> Rummikub  <b>10:45</b> Stretch &amp; Tone  <b>10:15</b> Shell Painting  <b>11:30</b> Trivia Time  <b>12:45</b> BINGO</p> <hr/> <p><b>6:00-</b> Grandparents Raising Grandchildren Support Group-HBSC (dinner served @ 6pm)</p>	<p><b>11 Parmesan Crusted Codfish</b>  <b>10:00</b> SCOFA Advocate-Frank Masterson  <b>10:00</b> Open Table Games  <b>10:00</b> Chair Yoga w/ Beth  <b>11:30</b> Sing A Long   <b>12:45</b> Movie Day "Welcome to Marwen"   <b>3-5pm</b> SAGE East End Mingle-HBSC</p>	<p><b>12 Chef Salad</b>  <b>10:00</b> Coffee &amp; Conversation  <b>11:00</b> FUN FRIDAY- Drop in for Table Games, Ping Pong, Pool Table and more!</p> <hr/> <p>Bastille Day Word Searches </p>
<p><b>15 Stuffed Salmon</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>1:00</b> Advanced Line Dancing w/ Jean &amp; Maxine</p>	<p><b>16 Vegetable Lasagna</b>  <b>9:30</b> FAN FOOD @ BISHOP RYAN  <b>10:00</b> Drawing w/ Bill  <b>10:00</b> Knitting &amp; Crocheting  <b>11:00</b> In and Out of the Garden w/ Mary  <b>1:00</b> Computer Class w/ Brutus (pre-registration required)</p> <hr/> <p>Picnic Word Search </p>	<p><b>17</b></p> <p><b>SENIOR PICNIC @ RED CREEK PARK</b></p> <p><b>9:30-3:00pm</b></p> 	<p><b>18 Grilled Teriyaki Steak Salad</b>  <b>10:00</b> Open Table Games  <b>10:00</b> Chair Yoga w/ Beth  <b>11:30</b> Sing A Long </p>	<p><b>19</b></p> <hr/> <p>Twilight Evening Dinner-"A Royal Reception"           (pre-registration required)</p> <hr/> <p>***CENTER CLOSED DURING THE DAY. OPENS FOR TWILIGHT DINNER @ 4PM</p>
<p><b>22 Fried Chicken</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>1:00</b> Advanced Line Dancing w/ Jean &amp; Maxine</p> <hr/> <p>Dance Word Search </p>	<p><b>23 Herb Roasted Pork</b>  <b>10:00</b> Drawing w/ Bill  <b>10:30</b> Short Story Discussion  <b>12:30</b> BINGO w/ Youth Bureau Students &amp; Ice Cream Social</p>	<p><b>24 Popcorn Shrimp w/ Remoulade</b>  <b>10:00</b> Rummikub  <b>10:30</b> Cornell Cooperative Nutrition Presentation-"Summer Food Safety"  <b>11:30</b> Trivia Time  <b>12:45</b> BINGO</p> <hr/> <p><b>6:00</b> Adult Children's Support Group-HBSC (dinner served @ 6pm)</p>	<p><b>25 Spinach Salad w/ Bacon, Mushrooms, Cheese Tomato &amp; Egg</b>  <b>10:00</b> Open Table Games  <b>10:00</b> Chair Yoga w/ Beth  <b>11:30</b> Sing A Long </p> <hr/> <p><b>3-5pm</b> SAGE East End Mingle-HBSC (light dinner served)</p>	<p><b>26 Spaghetti w/ Meatballs</b>  <b>10:00</b> Coffee &amp; Conversation  <b>10:00</b> Friday at the Beach (pre-registration required)  <b>11:00</b> FUN FRIDAY- Drop in for Table Games, Ping Pong, Pool Table and more!  <b>2:30</b> Book Discussion Group- "Etched in Sand"</p>
<p><b>29 Salisbury Steak</b>  <b>10:30</b> Chair Yoga  <b>10:30</b> Line Dancing w/ Jean &amp; Linda  <b>1:00</b> Advanced Line Dancing w/ Jean &amp; Maxine</p> <hr/> <p>Fishing Word Search </p>	<p><b>30 Stuffed Peppers</b>  <b>10:00</b> Drawing w/ Bill  <b>11:00</b> In and Out of the Garden w/ Mary  <b>1:00</b> Computer Class w/ Brutus (pre-registration required)  <b>4:00</b> Bus departs for the Shinnecock Star Fishing Trip (pre-registration required)</p> 	<p><b>31 Grilled Chicken Caesar Salad</b>  <b>10:00</b> Rummikub  <b>10:45</b> Stretch &amp; Tone  <b>11:15</b> Ukulele Presentation  <b>12:45</b> BINGO</p> <hr/> <p><b>12:00</b> Caregiver's Support Group-HBSC (lunch served at 12noon)</p>	<p><b>Thrift table will be open Mondays, Tuesdays &amp; Thursdays at 10am!!</b></p> 	<p><b>Shopping to Riverhead Stores w/ Shuttle Buses Every Friday</b> </p> <p>Make your appt w/ the Shuttle...  <b>631-728-1110</b></p>