




















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>1 Salisbury Steak 9:00 Exercise w/ Larry 10:00 Stretch & Tone 11:15 Meditation & Relaxation 11:30 Canada Day Discussion</p> <p>-----</p> <p>Canada Day Word Search </p> <p>-----</p>	<p>2 Stuffed Peppers 10:30 Chair Yoga-Video 11:00 In and Out of the Garden w/ Mary 1:30 Writers Group</p> <p>-----</p> <p>THRIFTY BOUTIQUE "CHRISTMAS IN JULY SALE" </p> <p>-----</p>	<p>3 Grilled Chicken Caesar Salad 9:00 Mah Jongg 10:30 Massage w/ Loretta 11:15 Independence Day Discussion 12:45 Chair Yoga w/ Beth 12:45 Movie Day- "Welcome to Marwen" </p> <p>-----</p> <p>Independence Day Word Search </p> <p>-----</p>	<p>CENTER CLOSED</p> 	<p>CENTER CLOSED</p> 
<p>8 Apple Glazed Ham 9:00 Exercise w/ Larry 10:00 Stretch & Tone 11:15 Meditation & Relaxation</p>	<p>9 Swedish Meatballs w/Gravy 10:00 Knitting & Crocheting 10:30 Art Therapy-Mandela Coloring  10:30 Chair Yoga-Video 1:30 Writers Group</p>	<p>10 Herb Roasted Chicken 9:00 Mah Jongg 9:00 SCOFA Advocate-Frank Masterson 12:45 Chair Yoga w/ Beth 6:00 Grandparents Raising Grandchildren Support Group (dinner served @ 6m)</p>	<p>11 Parmesan Crusted Codfish 10:00 Sing-A-Long 10:30 Coffee and Conversation 11:15 Bastille Day Discussion 3-5pm SAGE East End Mingle</p> <p>-----</p> <p>Bastille Day Word Search </p> <p>-----</p>	<p>12</p> <p>-----</p> <p>Twilight Evening Dinner- "A Royal Reception" (pre-registration required) </p> <p>-----</p> <p>CENTER CLOSED DURING THE DAY. OPENS FOR TWILIGHT DINNER @ 4PM</p>
<p>15 Stuffed Salmon 9:00 Exercise w/ Larry 10:00 Stretch & Tone 11:15 Meditation & Relaxation</p>	<p>16 Vegetable Lasagna 9:30 FAN FOOD @ BISHOP RYAN 10:30 Chair Yoga-Video 1:30 Writers Group</p> <p>-----</p> <p>Picnic Word Search </p> <p>-----</p>	<p>17</p> <p>SENIOR PICNIC @ RED CREEK PARK PICNIC</p>  <p>9:30-3:00pm</p>	<p>18 Grilled Teriyaki Steak Salad 10:00 Sing-A-Long 10:30 Coffee and Conversation</p> <p>-----</p> <p>THRIFTY BOUTIQUE "CHRISTMAS IN JULY SALE" </p> <p>-----</p> <p>12:45 Movie Day- "Welcome to Marwen" </p>	<p>19 Chicken Parmesan 10:00 Stretch & Tone 10:15 Friday at the Beach (pre-registration required) 11:00 In and Out of the Garden w/ Mary 3:00 Canasta</p>
<p>22 Fried Chicken 10:00 Stretch & Tone 10:00 -2:00 FREE Application Assistance for Medicaid Programs 11:15 Meditation & Relaxation (in Arts & Crafts Room)</p> <p>(NO EXERCISE W/ LARRY TODAY)</p>	<p>23 Herb Roasted Pork 9:00 SCOFA Advocate-Frank Masterson 10:00 Knitting & Crocheting 10:30 Chair Yoga-Video 1:30 Writers Group</p> <p>-----</p> <p>Dance Word Search </p> <p>-----</p>	<p>24 Popcorn Shrimp w/ Remoulade 9:00 Mah Jongg 10:00 Art Therapy-Mandela Coloring  12:45 Chair Yoga w/ Beth 6:00 Adult Children's Support Group (dinner served @ 6pm)</p>	<p>25 Spinach Salad w/ Bacon, Mushrooms, Cheese, Tomato & Egg 10:00 Sing-A-Long 10:30 Coffee and Conversation 3-5pm SAGE East End Mingle (light dinner served)</p>	<p>26 Spaghetti w/ Meatballs 9:00 Exercise w/ Larry 10:00 Stretch & Tone 10:15 Friday at the Beach (pre-registration required) 1:00 Canasta 2:30 Book Discussion Group- "Etched In Sand"</p>
<p>29 Salisbury Steak 9:00 Exercise w/ Larry 10:00 Stretch & Tone 11:15 Meditation & Relaxation</p> <p>-----</p> <p>Fishing Word Search </p> <p>-----</p>	<p>30 Stuffed Peppers 10:30 Chair Yoga-Video 1:30 Writers Group 4:30 Bus departs for the Shinnecock Star Fishing Trip (pre-registration required)</p> 	<p>31 Grilled Chicken Caesar Salad 9:00 Mah Jongg 12:45 Chair Yoga w/ Beth 12:00 Caregiver's Support Group (lunch served at 12noon)</p>	<p>hello SUMMER</p> 	<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</p> <p>-----</p> <p>Shopping in Hampton Bays Every Wednesday w/Shuttle Buses </p>