



















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
 <p><b>Set Your Clocks Back November 6<sup>th</sup></b></p>	<p><b>1 Jambalaya</b> <b>9:30</b> Rummikub <b>10:00</b> Knitting &amp; Crocheting <b>11:00</b> Blood Pressure Screening</p>	<p><b>2 Beef Macaroni Casserole</b> <b>10:00</b> Stretch &amp; Tone <b>10:45</b> Let's Bake- Baked Stuffed Apples <b>11:00</b> BINGO</p>	<p><b>3 Chicken Cordon Bleu</b> <b>9:00</b> Table Games <b>10:00</b> Chair Yoga w/ Beth ----- <b>WORD PUZZLE DAY</b> </p>	<p><b>4 Parmesan Crusted Salmon</b> <b>10:00</b> Coffee &amp; Conversation  <b>10:45</b> Thanksgiving Card Craft <b>12:45</b> BINGO</p>
<p><b>7 Stuffed Cabbage</b> <b>10:00</b> Chair Yoga-Video <b>10:30</b> Line Dancing w/ Linda <b>1:00</b> Advanced Line Dancing w/ Maxine</p> <p>-----</p> <p><b>WORD PUZZLE DAY</b> </p>	<p><b>8</b></p> <p><b>CENTER CLOSED</b></p>  <p><b>ELECTION DAY</b></p>	<p><b>9 Chicken Parmesan</b> <b>10:00</b> Stretch &amp; Tone <b>11:00</b> BINGO</p> <p>-----</p> <p><b>PRE SIGN TODAY FOR MOVIE DAY NEXT TUESDAY 11/15/22</b></p>	<p><b>10 Sauerbraten</b> <b>9:00</b> Table Games <b>10:00</b> Chair Yoga w/ Beth <b>11:30</b> Veteran's Day Remembrance</p>	<p><b>11</b></p> <p><b>CENTER CLOSED</b></p> 
<p><b>14 Vegetable Lasagna</b> <b>10:00</b> SCOFA Advocate <b>10:00</b> Chair Yoga-Video <b>10:30</b> Line Dancing w/ Linda <b>1:00</b> Advanced Line Dancing w/ Maxine</p>	<p><b>15 Lemon Garlic Chicken</b> <b>9:30</b> Rummikub <b>10:00</b> Knitting &amp; Crocheting <b>10:30</b> SH Animal Shelter Visit <b>12:45</b> <b>Movie Day- Planes, Trains &amp; Automobiles</b> </p>	<p><b>16 Italian Sausage in Tomato Cream Sauce</b> <b>10:00</b> Stretch &amp; Tone <b>11:00</b> BINGO</p> <p>-----</p> <p><b>WORD PUZZLE DAY</b> </p>	<p><b>17 Beer Battered Codfish</b> <b>9:00</b> Table Games <b>10:00</b> Chair Yoga w/ Beth <b>10:30</b> LI Cares Produce Pick Up <b>11:15</b> Coffee &amp; Conversation <b>*Thankful Autumn Leaves Poster Collage</b></p>	<p><b>18 Roast Turkey</b></p> <p>-----</p> <p><b>10:45</b> <b>November Birthday Celebration and Thanksgiving Celebration Music w/ Tom Parris</b></p>  
<p><b>21 Sloppy Joe</b> <b>10:00</b> Chair Yoga-Video <b>10:00</b> SCOFA Advocate <b>10:30</b> Line Dancing w/ Linda <b>1:00</b> Advanced Line Dancing w/ Maxine</p>	<p><b>22 Turkey Tetrazzini</b> <b>9:30</b> Rummikub <b>10:00</b> Knitting &amp; Crocheting <b>10:30</b> Thanksgiving Poetry Discussion</p> <p>-----</p> <p><b>WORD PUZZLE DAY</b> </p>	<p><b>23 Salisbury Steak</b> <b>10:00</b> Stretch &amp; Tone <b>10:30</b> Coffee &amp; Conversation <b>11:00</b> BINGO</p>	<p><b>24</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>25</b></p> <p><b>CENTER CLOSED</b></p> 
<p><b>28 Braised Pork Ragu</b> <b>10:00</b> Chair Yoga-Video <b>10:30</b> Line Dancing w/ Linda <b>1:00</b> Advanced Line Dancing w/ Maxine</p>	<p><b>29 Jambalaya</b> <b>9:30</b> Rummikub <b>10:00</b> Knitting &amp; Crocheting</p>	<p><b>30 Beef Macaroni Casserole</b> <b>10:00</b> Stretch &amp; Tone <b>11:00</b> BINGO</p>	<p><b>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</b></p> <p>-----</p> <p><b>Shopping in Hampton Bays Stores w/ Shuttle Buses Every Wednesday</b></p> 	<p><b>VIRTUAL SUPPORT GROUPS:</b></p> <p><b>Grandparents Raising Grandkids</b> Every Wednesday 1-2:30pm</p> <p><b>Adult Children Of Aging Parents</b> 3<sup>rd</sup> Wednesday of the Month 7-8:30pm</p> <p><b>Caregivers Group</b> Every Monday 1-2:30pm</p> <p><b>Call 631-728-1235 for more information</b></p>



**NOVEMBER 2022 CONGREGATE MEAL MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Jambalaya – Herbed Carrots – Snap Peas – Orange Juice – Dinner Roll – White Rice – Pineapple Chunks & Milk	<b>2</b> Beef, Macaroni & Tomato Casserole – Mixed Vegetables – Mixed Green Salad – Italian Bread – Banana & Milk	<b>3</b> Chicken Cordon Bleu w/Light Gravy – Fresh Broccoli – Orange Juice – Sweet Potato – Assorted Roll – Fresh Apple & Milk	<b>4</b> Parmesan Crusted Salmon – Butternut Squash Soup – Braised Lentils – Garlic Spinach – Multigrain Bread – Fruited Jell-O & Milk
<b>7</b> Stuffed Cabbage w/Tomato Sauce – Carrots – Orange Juice – Buttered Noodles – Whole Wheat Bread – Peaches & Milk	<b>8 Center Closed – Election Day</b> 	<b>9</b> Chicken Parmesan – Romano Beans – Spaghetti – Sourdough Bread – Fresh Orange & Milk	<b>10</b> Sauerbraten – Red Cabbage – Orange Juice – Bavarian Green Beans – Potato Pancake w/Sour Cream – Rye Bread – Apple Strudel & Milk	<b>11 Center Closed –</b> 
<b>14</b> Vegetable Lasagna – Cauliflower – Yellow Squash – Italian Bread – Apricots & Milk	<b>15</b> Lemon Garlic Chicken – Tuscany Blend Vegetables – Broccoli – Wild Rice – Pumpnickel Bread – Clementine & Milk	<b>16</b> Italian Sausage & Mushrooms in a Tomato Cream Sauce – Kale & Onions – Herbed Carrots – Penne Pasta – Italian Bread – Fresh Banana & Milk	<b>17</b> Beer Battered Codfish w/Tartar Sauce – Ratatouille – Orange Juice – Sweet Potato – Whole Wheat Bread – Tropical Fruit & Milk	<b>18</b> Roasted Turkey w/Pan Gravy – Cranberry Sauce – Green Bean Casserole – Cornbread Stuffing – Apple Juice – Mashed Potatoes – Dinner Roll – Pumpkin Pie & Milk
<b>21</b> Sloppy Joe – Key West Blend Vegetables – Wax Beans – Orange Juice – Wheat Roll – Fresh Plum & Milk	<b>22</b> Turkey Tetrazzini – Peas & Carrots – Grape Juice – Spaghetti – Assorted Roll – Fruit Cocktail & Milk	<b>23</b> Salisbury Steak w/Mushroom Gravy – Brussels Sprouts – Arugula Salad – Steamed Red Potatoes – Cranberry Juice – French Roll – Oatmeal Raisin Cookie & Milk	<b>24 Center Closed – Happy Thanksgiving</b> 	<b>25 Center Closed – Happy Thanksgiving</b> 
<b>28</b> Braised Pork Ragu – Roasted Cauliflower – Orange Juice – Tuscany Blend Vegetables – Buttered Noodles – Dinner Roll – Carrot Cake & Milk	<b>29</b> Jambalaya – Herbed Carrots – Snap Peas – Orange Juice – Dinner Roll – White Rice – Pineapple Chunks & Milk	<b>30</b> Beef, Macaroni & Tomato Casserole – Mixed Vegetables – Mixed Green Salad – Italian Bread – Banana & Milk	<b>Dec. 1</b> Chicken Cordon Bleu w/Light Gravy – Fresh Broccoli – Orange Juice – Sweet Potato – Assorted Roll – Fresh Apple & Milk	<b>Dec. 2</b> Parmesan Crusted Salmon – Butternut Squash Soup – Braised Lentils – Garlic Spinach – Multigrain Bread – Fruited Jell-O & 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 Nov. 1 & 28**

**Week of Nov. 7**

**Week of Nov. 14**

**Week of Nov. 21**

**Hot:** Hot Dog w/Relish

**Hot:** Cuban Slider

**Hot:** Crab Cake Sandwich on Roll

**Hot:** Roast Beef on Garlic Toast

**Cold:** Turkey & Swiss Wrap

**Cold:** Chicken Caesar

**Cold:** Chicken Salad Plate

**Cold:** Tuna Fish Salad Plate