<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td><strong>Virtual Support</strong></td>
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<td></td>
<td></td>
<td>Grotops Group: Grandparents Raising Grandkids Every Wednesday 1-2:30pm</td>
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<td>Adult Children Of Aging Parents 3rd Wednesday of month 7-9:30pm</td>
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<td></td>
<td>Caregivers Group Every Monday 1-2:30pm Call 631-728-1235 for more information</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>10:00</td>
<td><strong>HAPPY HANUKKAH</strong></td>
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<td></td>
<td></td>
<td>Merry Christmas</td>
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<td></td>
<td></td>
<td>Joyous Kwanzaa</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>9:00</td>
<td><strong>Shopping to Riverhead Stores w/Shuttle Buses Every Tuesday</strong></td>
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<td></td>
<td></td>
<td>Shopping in Hampton Bays Stores w/Shuttle Buses Every Wednesday</td>
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<tr>
<td><strong>Thursday</strong></td>
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<td><strong>Senior Services Holiday Luncheon at THE BIRCHWOOD</strong></td>
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<td></td>
<td>12pm-4pm (pre-registration required)</td>
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<tr>
<td><strong>Friday</strong></td>
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<td><strong>Center Closed</strong></td>
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<tr>
<td><strong>Saturday</strong></td>
<td></td>
<td><strong>Center Closed</strong></td>
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<tr>
<td><strong>Sunday</strong></td>
<td></td>
<td><strong>Center Closed</strong></td>
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**4 Grilled Pork Chop**
9:45 Trimming the Tree
10:00 Stretch & Tone
10:30 Li Cares Non Perishable Pick Up
11:00 Meditation & Relaxation
1-2:30 Caregiver’s Group

**5 Swedish Meatballs w/Gravy**
10:00 BINGO
10:00 Knitting & Crocheting
12:30 Canasta

**6 Beef Stew**
9:00- SCOFA Advocate-Pam
10-11:30 Card Games
12:30-3:15 Mah Jongg
1:00 Chair Yoga w/ Kelly D.

**7 Eggplant Roletti**
9:00 Hand Reflexology
10:00 Level UP Chair Exercise
10:30 Coffee & Conversation
THRTFY BOUTIQUE SHOP IS OPEN!
1:00 BINGO
3:00-5:00 SAGE Meeting

**8 Fried Chicken**
10:00 Stretch & Tone
11:00 Christmas Carols w/ our friends from AHRC
1:00 Card Games
1:00 Canasta

**11 Beef ’n Sausage Ziti**
10:00 Stretch & Tone
10:30 Pack Holiday Treat Bags for Congregate & HDM Seniors

**12 Crab Cake**
10:00 BINGO
10:00 Knitting & Crocheting
12:30 Canasta

**13 Chicken Cordon Bleu**
10-11:30 Card Games
12:30-3:15 Mah Jongg
1:00 Chair Yoga W/ Kelly D.

**14 Hungarian Goulash**
9:00 Hand Reflexology w/ Pam Normandy
10:00 Level UP Chair Exercise
10:30 Coffee & Conversation
1:00 BINGO

**15 Roast Turkey**
10:00 Stretch & Tone

**18 Chicken Cacciatore**
10:00 Stretch & Tone
10:30 Christmas Ornament Craft (pre-registration required)
11:00 Meditation & Relaxation
1-2:30 Caregiver’s Group (Arts & Crafts Room)

**19 Salisbury Steak w/Mushroom Gravy**
10:00 BINGO
10:00 Knitting & Crocheting
12:30 Canasta

**20 Mediterranean Codfish**
10-11:30 Card Games
12:30-3.15 Mah Jongg
1:00 Chair Yoga w/ Kelly D.

**21 Roast Loin of Pork**
11:00 Quogue Choir Holiday Concert
WEAR YOUR UGLY CHRISTMAS SWEATER
1:00 BINGO
3:00-5:00 SAGE

**22 Christmas Eve Center Open**
8am-11:30am
Brunch served at 10am

**25 CENTER CLOSED**

**26 Stuffed Peppers w/Tomato Sauce**
10:00 BINGO
10:00 Knitting & Crocheting
12:30 Canasta

**27 Cheeseburger**
10-11:30 Card Games
12:30-3:15 Mah Jongg
1:00 Chair Yoga w/ Kelly D.

**28 Herb Roasted Chicken**
10:00 Level UP Chair Exercise
10:30 Coffee & Conversation
1:00 BINGO

**29 Spaghetti & Meatballs**
10:00 Stretch & Tone
THRTFY BOUTIQUE SHOP IS OPEN!
1:00 Card Games
1:00 Canasta
### DECEMBER 2023 CONGREGATE MEAL MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Week of Dec. 25</strong></td>
<td><strong>Week of Dec. 11</strong></td>
<td><strong>Week of Dec. 4</strong></td>
<td><strong>Week of Dec. 1</strong></td>
<td><strong>1 CENTER CLOSED</strong></td>
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<tr>
<td><strong>Alternative Entrée:</strong></td>
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<td><strong>Alternative Entrée:</strong></td>
<td><strong>1 CENTER CLOSED</strong></td>
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**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Please inform Center staff if you have a food allergy.

**GRAB ’N GO MEALS – PRE-REGISTRATION REQUIRED**

<table>
<thead>
<tr>
<th>Week of Dec. 1</th>
<th>Week of Dec. 4</th>
<th>Week of Dec. 11</th>
<th>Week of Dec. 18</th>
<th>Week of Dec. 25</th>
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</thead>
<tbody>
<tr>
<td>Hot: Tuna Melt on English Muffin</td>
<td>Hot: Cheese &amp; Vegetable Quiche</td>
<td>Hot: Hot Dog</td>
<td>Hot: Shrimp Po Boy</td>
<td>Hot: Tuna Melt on English Muffin</td>
</tr>
<tr>
<td>Cold: Egg Salad Plate</td>
<td>Cold: Curry Chicken Salad Plate</td>
<td>Cold: Cottage Cheese &amp; Fruit Plate</td>
<td>Cold: Turkey &amp; Swiss Wrap</td>
<td>Cold: Egg Salad Plate</td>
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**Thought of the Month:**

Self-love is the source of all our other loves.

_Funding provided by US Administration for Community Living through NY State Office for the Aging, Suffolk County Office for the Aging and the Town of Southampton._