








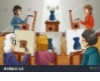














-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>Shopping To Riverhead Stores w/ Shuttle Buses Every Friday. Make your appt w/ the Shuttle... 631-728- 1110</p>  <p>----- Thrift table will be open Mondays, Tuesdays & Thursdays at 10am!!</p> 	<p>Join us for Bingo on Wednesday's from 12:45pm-2:30pm</p>  <p>All Welcome! Bring your nickels and dimes!</p>	<p>HAPPY Valentine's DAY</p> 		<p>1 Potato Crusted Cod 10:00 Coffee & Conversation 10:30 Horse Racing 11:30 Will the Groundhog see his Shadow tomorrow?</p>  <p>WEAR RED DAY for the AMERICAN HEART ASSOCIATION</p> 
<p>4 Brown Sugar Glazed Ham 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p> <p>Black History Month Word Search</p> 	<p>5 Chicken Milano w/ Mushroom Sauce 10:00 Knitting & Crocheting 10:30 Pet Therapy w/ Mercedes 11:00 Blood Pressure Screening 1:00 Computer Class w/ Brutus</p>	<p>6 Hungarian Goulash 10:00 Rummikub 10:00 Chocolate Heart Activity 10:45 Stretch & Tone 11:15 Reminiscing African American Musicians and listening to their music! 12:45 BINGO</p>	<p>7 Spaghetti & Meatballs 10:00 Open Table Games 10:30 Cornell Cooperative Ext Presentation- "DASH Diet" 11:30 Sing A Long</p>  <p>3-5pm SAGE East End Mingle-HBSC</p>	<p>8 Beer Battered Cod w/ Tartar 9:00 SCOFA Advocate-Frank Masterson 10:30 Line Dancing w/ Jean & Linda 1:00 Canasta 5:00-8:00 Paint Night with Carolyn (pre-registration required)</p> 
<p>11 Vegetable Lasagna 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p> <p>Valentine's Day Word Search & Crossword</p> 	<p>12 Chicken Cordon Bleu 10:30 Site Council Meeting 11:00 In & Out of the Garden w/ Mary 1:00 Computer Class w/ Brutus</p>	<p>13 Beef Stew 10:00 Rummikub 10:45 Stretch & Tone 11:30 Riverhead Charter School- Intergenerational Project 12:45 BINGO</p> <p>6:00- Grandparents Raising Grandchildren Support Group (dinner served @ 6pm)</p>	<p>14 Crab Cake w/ Tartar Sauce 10:00 Open Table Games 11:00 Valentine's Day Fun 11:30 Sing A Long 12:45 Movie Day "Christopher Robin"</p>   	<p>15 Herb Roasted Pork</p> <p>10:30 Monthly Birthday Party</p> <p>1:00 Canasta 2:30 Book Discussion Group- "Straight Man" @ HBSC</p> 
<p>18 CENTER CLOSED</p>  <p>PRESIDENT'S DAY</p>	<p>19 Swedish Meatballs 9:30 FAN FOOD @ BISHOP RYAN 10:00 Knitting & Crocheting 11:00 Youth Leadership Presentation by the Youth Bureau 1:00 Computer Class w/ Brutus</p> <p>President's Day Word Search</p> 	<p>20 Chicken Parmesan 10:00 Rummikub 10:00 Massage w/ Loretta 10:45 Stretch & Tone 11:15 World Radio Day Discussion 12:45 BINGO</p>  <p>6:00 Adult Children's Support Group (dinner served @ 6pm)</p>	<p>21 Pepper Steak 10:00 Chair Yoga w/ Beth for everyone! 11:30 Sing A Long</p> 	<p>22 Roasted Herb Chicken Quarter 10:00 Coffee & Conversation 10:30 Line Dancing w/ Jean & Linda 11:00 Fun Friday- Drop in for Table Games Ping Pong, Pool Table etc... 4:30-7:00- Game Night – HBSC (pre-registration required)</p> 
<p>25 Flounder Francaise 10:30 Chair Yoga 10:30 Line Dancing w/ Jean & Linda 1:00 Advanced Line Dancing w/ Jean & Maxine</p> <p>Famous Couples Word Search</p> 	<p>26 Meat Lasagna 10:00 Drawing w/ Bill 1:00 Computer Class w/ Brutus</p>	<p>27 Salisbury Steak 10:00 Rummikub 10:45 Stretch & Tone 12:45 BINGO</p> <p>12:00 Caregiver's Support Group-HBSC (lunch served at 12noon)</p>	<p>28 Grilled Pork Chops 10:00 Open Table Games 11:30 Sing A Long</p>  <p>3-5pm SAGE East End Mingle-HBSC (light dinner served)</p>	