

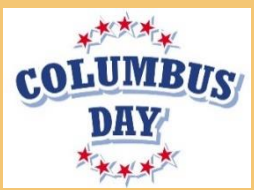









-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>1 BBQ Chicken 9:00 Stretch & Tone w/ Larry 10:00 Stretch & Tone w/ Teddy 10:30 Gardening w/ Mary</p>	<p>2 French Onion Pork 10:30 Chair Yoga 11:30 World Teacher's Day-School Day Reminiscing 1:30 Writer's Workshop</p>	<p>3 Stuffed Peppers 9:00 Mah Jongg 10:00 Massage w/ Loretta 12:45 Movie Day- "I Can Only Imagine" 12:45 Rhythms & Remin-iSING w/ Valerie</p> 	<p>4 Oktoberfest Sauerbraten</p> <p>-----</p> <p>Monthly Birthday Party w/ Tommy Parris</p>  <p>-----</p>	<p>5 Boston Baked Cod 9:00 Stretch & Tone w/ Larry 10:00 Stretch & Tone w/ Teddy 11:00 SCOFA Presentation B12 Benefits 1:00 Canasta</p> <p>-----</p> <p>Columbus Day Word Search</p> 
<p>8</p> <p>CENTER CLOSED</p> 	<p>9 4 Cheese Baked Ziti 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:30 Writer's Workshop</p> <p>-----</p> <p>Fall Word Searches</p> 	<p>10 Popcorn Shrimp w/ Remoulade 9:00 Mah Jongg 10:45 Art Therapy-Mandela Coloring 12:45 Rhythms & Remini-SING w/ Valerie 6:00- Grandparents Raising Grandchildren (dinner served @ 6pm)</p> 	<p>11 Meatloaf w/ Gravy 10:00 Sing-A-Long 10:30 Coffee and Conversation</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <p>-----</p> <p>3-5pm SAGE East End Mingle</p>	<p>12 Peach Balsamic Chicken 9:00 Stretch & Tone w/ Larry 10:00 Stretch & Tone w/ Teddy 11:15 Ukulele Presentation 10-11:30 Tablet Class 1:00 Canasta</p>
<p>15 Stuffed Fillet of Sole 9:00 Stretch & Tone w/ Larry 10:00 Stretch & Tone 10:30 Wake & Bake- 11:15 Meditation & Relaxation</p> <p>-----</p> <p>Space Word Searches</p> 	<p>16 Beef Burgundy 9:30 FAN FOOD @ BISHOP RYAN 10:30 Chair Yoga 11:00 Disaster Preparedness Presentation w/ Capt. Taveras of the NY Division of Military and Naval Affairs-Citizen Preparedness Corps 1:30 Writer's Workshop</p>	<p>17 Chicken Noodle Casserole 9:00 Mah Jongg 9:00 SCOFA Advocate-Frank Masterson</p> <p>12:45 Rhythms & Remini-SING w/ Valerie</p> <p>6:00 Adult Children's Support Group (dinner served @ 6pm)</p>	<p>18 Eggplant Parm 10:00 Sing-A-Long 10:15 Coffee and Conversation 11:00 Horse Racing 12:45 Movie Day- "I Can Only Imagine"</p> 	<p>19 Roast Turkey w/ Pan Gravy 9:00 Bus departs for the North Fork-Senior Dine Around & Tour 9:00 Stretch & Tone w/ Larry 10:00 Stretch & Tone 1:00 Canasta 2:30 Book Discussion Group- "Gentleman in Moscow"</p>
<p>22 Pesto Pasta w/ Chic 9:00 Stretch & Tone w/ Larry 10:00 Stretch & Tone 10:30 Gardening w/ Mary 11:15 Meditation & Relaxation 10:00 -2:00 FREE Application Assistance for Medicaid Programs</p>	<p>23 Salmon Provençale 9:00-Noon- Hand Reflexology w/ Pam Normandy 10:00 Knitting & Crocheting 10:30 Chair Yoga 1:30 Writer's Workshop</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p> 	<p>24 Stuffed Cabbage w/ Tomato Sauce 9:00 Mah Jongg 10:30 Art Therapy-Painting Pumpkins 12:45 Rhythms & Remini-SING w/ Valerie</p> <p>-----</p> <p>Artist's Word Search</p> 	<p>25 Stuffed Rigatoni 9:00-Noon- Hand Reflexology w/ Pam Normandy 10:00 Sing-A-Long 10:15 Coffee and Conversation</p> <p>PICASSO'S BIRTHDAY</p>  <p>3-5pm SAGE East End Mingle</p>	<p>26 Orange Ginger Roast Pork 9:00 Stretch & Tone w/ Larry 10:00 Stretch & Tone 11:00 Homecare Assistance Presentations Relaxation Techniques 10-11:30 Tablet Class 1:00 Canasta 4:30-7:00- Game Night (pre-registration required)</p> 
<p>29 BBQ Chicken 9:00 Stretch & Tone w/ Larry 10:00 Stretch & Tone 11:15 Meditation & Relaxation</p>	<p>30 French Onion Pork 9:00 SCOFA Advocate-Frank Masterson 10:30 Chair Yoga 11:00 SCOFA Presentation B12 Benefits 1:30 Writer's Workshop</p> <p>-----</p> <p>Halloween Word Searches</p> 	<p>31 Stuffed Peppers 9:00 Mah Jongg</p> <p>-----</p> <p>HAPPY HALLOWEEN... Wear your best costume!</p>  <p>-----</p> <p>12:45 Rhythms & Remini-SING w/ Valerie</p> <p>-----</p> <p>12:00 Caregiver's Support Group (lunch served at 12noon)</p>	<p>AARP DEFENSIVE DRIVING COURSE Saturday, October 20 9:00am-3:30pm</p> 	<p>Shopping To Riverhead Stores w/ Shuttle Buses Every Tuesday</p> <p>-----</p> <p>Shopping to Hampton Bays Stores Wednesdays</p> <p>-----</p> <p>Make your appt w/ the Shuttle... 631-728-1110</p> 