

<u>WEEK 1</u>	FRI	1	10:30	DANCE AEROBICS	
	FRI	1	10:45	SIT & STRETCH w/ DEB	
<u>WEEK 2</u>	MON	4	10:30	DANCE AEROBICS	
	MON	4	10:45	SIT & STRETCH w/ DEB	
	MON	4	12:45	MOVIE OF THE WEEK	
	TUE	5	9:30	PROJECT CARE- HEALTH SCREENINGS	
	TUE	5	1:00	COMPUTER CLASS W/ MR. HOLEMAN	
	WED	6	10:00	OSTEO EXERCISE	
	WED	6	10:30	DANCE AEROBICS	
	WED	6	12:45	MOVIE OF THE WEEK	
	THU	7	9:30	FAN FOOD	
	THU	7	11:15	MEDICARE QUESTIONS W/ MARGARET	
	THU	7	10:30-11:30	MIND GAMES W/ BERNADETTE IN DINING ROOM	
	THU	7	11:00	FARMERS MARKET	
	<u>WEEK 3</u>	FRI	8	10:30	DANCE AEROBICS
MON		11	10:00	DANCE AEROBICS	
MON		11	10:45	SIT & STRETCH w/ DEB	
MON		11	12:45	MOVIE OF THE WEEK	
TUE		12	9:30	PROJECT CARE- HEALTH SCREENINGS	
TUE		12	1:00	COMPUTER CLASS w/ MR. HOLEMAN	
WED		13	10:00	OSTEO EXERCISE	
WED		13	10:30	DANCE AEROBICS	
WED		13	12:45	MOVIE OF THE WEEK	
THU		14		FOXWOOD CASINO	
THU		14	1:00	American Merchant Marine Veteran Meeting	
THU		14	10:30-11:30	MIND GAMES W/ BERNADETTE IN DINING ROOM	
THU		14	11:00	FARMERS MARKET	
FRI		15	10:00	DANCE AEROBICS	
FRI		15	10:45	SIT & STRETCH w/ DEB	
<u>WEEK 4</u>		MON	18	10:00	DANCE AEROBICS
		MON	18	10:45	SIT & STRETCH w/ DEB
	MON	18	12:45	MOVIE OF THE WEEK	
	TUE	19	9:30	PROJECT CARE- HEALTH SCREENINGS	
	TUE	19	9:30-1:00	SCOFA SR. ADVOCATE	
	TUE	19	1:00	COMPUTER CLASS W/ MR. HOLEMAN	
	WED	20	10:00	OSTEO EXERCISE	
	WED	20	10:30	DANCE AEROBICS	
	WED	20	12:45	MOVIE OF THE WEEK	
	THU	21	10:30-11:30	MIND GAMES W/ BERNADETTE IN DINING ROOM	
	THU	21	11:00	FARMERS MARKET	
	FRI	22	10:30	DANCE AEROBICS	
	FRI	22	10:45	SIT & STRETCH w/ DEB	
	<u>WEEK 5</u>	MON	25	10:00	DANCE AEROBICS
MON		25	10:45	SIT & STRETCH w/ DEB	
MON		25	12:45	MOVIE OF THE WEEK	
TUE		26	9:30	PROJECT CARE- HEALTH SCREENINGS	
TUE		26	1:00	COMPUTER CLASS W/ MR. HOLEMAN	
WED		27	3:30	TWILIGHT DINNER (LUAU)	
THU		28	10:30-11:30	MIND GAMES W/ BERNADETTE IN DINING ROOM	
THU		28	11:00	FARMERS MARKET	
FRI		29	10:00	DANCE AEROBICS	
FRI		29	10:45	SIT & STRETCH w/ DEB	

EVERY TUESDAY & THURSDAY WE HAVE BINGO
FROM 9:15 TO 11:30

EVERY MONDAY & THURSDAY WE HAVE MAHJONG
FROM 12:30 TO 4:00

MONDAY THROUGH THURSDAY CARD GAMES
FROM 1:00 TO 2:30

SHOPPING TRIPS LEAVE FROM CENTER AT 9:45

K-MART & WALMART AUGUST 7, 21, 28.

SENIOR CENTER PHONE NUMBER IS 722-4444
WE ARE LOCATED AT 60 SHADE TREE LANE IN RIVERHEAD