

<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
<p>9:00 Low Impact Cardio w/Terri 10:00am And 11:00 am SPANISH 10:30 New! Creative Writing w/ Kathy and JoAnn 11:00 Gentle Flow Yoga w/Patricia 1:00 Stretch & Balance w/Gina</p>	<p>9:00 Strength Training w/John 10:00 Blood Pressure Screening w/Barbara 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 1:00 Line Dancing w/Kathy 1:00 Meditation w/ Patricia</p>	<p>9:00 Dance Class w/ Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Chair Yoga w/Patricia 1:30 Breakfast for Your Brain w/ Beth (New!)</p>	<p>9:00 Strength Training w/John 10:15 Strength Training w/John</p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat with Carmela 10:30 Tai Chi w/Spencer Gee 12:45 Bingo 1:00 Movement & Meditation w/ Gina 1:00 Bridge Game</p>
<p>3 10:00 Spanish with Vanesa 10:30 Creative Writing Studio 11:00 Spanish with Vanesa <i>11:00 Yoga canceled</i> 12:00 Piano Music by Khatuna 12:45 Seated Dance w/ Kim</p>	<p>4 10:00 Watercolour Painting Class 12:45 Bingo <i>1:00 Meditation canceled</i> 1-3 pm Member Art Exhibit with Wine /Cheese Reception</p>	<p>5 9:30 Cradle of Aviation Trip 10:00 Women of the Ages w/Beth 10:00 Watercolor Expressions <i>11:00 Yoga canceled</i> 1:30 Breakfast for Your Brain</p>	<p>6 10:30 Trips &Tours Meeting 12:00 Summer Farm to Table w/ KhyEe from Cornell Cooperative 12:45 Activities Meeting 12:45 Trip to Lidl 1:30 Movie: Cabrini</p>	<p>7 9:30 Trip to TR Elementary School (sign up in Program Office) 11:30 Brain Games w/ Beth 12:00 Canasta Group 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>10 10:00 Spanish with Vanesa 10:30 Creative Writing Studio 11:00 Spanish with Vanesa 11:15 Centerpieces Flower Show by Syosset Garden Club 1:00 Name that Tune w/Theresa</p>	<p>11 11:15 De-Clutter and Destress Workshop by Caring Transitions 12:45 Super Bingo!!!</p>	<p>12 Father's Day Picnic 10:30 Father's Day Picnic at Teddy Roosevelt Park (SEE PROGRAM OFFICE FOR TICKET)</p>	<p>13 10:00 SAC MEETING 12:45 Pelvic Health Seminar w/ Guisi 12:45 Trip to Trader Joe's 2:00 Foodie Group 2:00 Caregiver Support Group</p>	<p>14 11:00 Harborfields Students present: Living History at LECOB! 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>17 10:00 Spanish with Vanesa 10:30 Creative Writing Studio 11:00 Spanish with Vanesa 1:00 Movie: Advanced Style</p>	<p>18 10:00 Watercolour Painting Class 11:30 Move to the Beat w/ GINA! 12:45 Bingo 7:00 Open Mic Night</p>	<p>19 JUNETEENTH 11:00 Syosset Orchestral Students Perform (Cultural Music Alliance) 12:45 Juneteenth Tribute 12:45 Crafts & Crochet Club</p>	<p>20 9:00 Strength Training w/John 10:15 Strength Training w/John 5:00 Festival of Baskets Fundraiser</p>	<p>21 11:30 Brain Games w/ Beth 12:00 Canasta Group 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>24 10:00 & 11:00 Spanish w/ Vanesa 10:30 Creative Writing Studio 12:45 Railroad Museum Trip 12:45 Drum Fitness for Health with Vicky from Excel at Woodbury, Glen Cove Center for Nursing and Rehab and Emerge Center for Rehab</p> 	<p>25 10am-2pm St Francis Health Bus Visits! 10:00 Watercolour Studio 11:15 Heart Health Seminar w/ Maura From Catholic Health 12:45 Bingo!</p> 	<p>26 BIRTHDAY DAY! 10:00 New! Watercolour Expressions 11:30 Birthday Day!  12:45 Trip to IGA 12:45 Crafts & Crochet Club 1:00 LECOB Book Club Discussion The Women, by Kristen Hannah</p> <p>Save the Dates: July 1st-OB Music Festival July 3rd-Independence Day Party w/ Entertainment by John Walters & Home Instead July 19th- Birding for Beginners Lecture</p>	<p>27 11:00 Installation of SAC Officers 1:00 Watercolour & Meditation 2:00 Caregiver Support Group</p> <p>Sign Up for Lunch and the Bus at Front Desk or Call Our "Hotline" to leave a message to make a Reservation (516) 922-6422</p>	<p>28 11:15 Oyster Bay Music Festival 12:00 Piano Music by Joan 12:45 Bingo 6:00 pm Mozzarella Making with Chef Anthony (see Beth for a Reservation)</p> 

June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Sausage & pepper w/marinara sauce, roasted potatoes, broccoli, wheat bread</p> <p>or Seafood Salad LT</p>	<p>4</p> <p>Penne Ala Vodka w/ Grilled Chicken, tossed salad, juice, Italian bread</p> <p>or Egg Salad on wheat</p>	<p>5</p> <p>Meatloaf w/ gravy, mashed potatoes, spinach, rye bread,</p> <p>or Tuna salad LT</p>	<p>6</p> <p>Breaded Fish Fillet w/tartar sauce, steak fries, mixed vegetables, wheat bread</p> <p>or Chicken salad LT</p>	<p>7</p> <p>Personal Pizza on authentic pizza crust, tossed salad, and juice</p> <p>or Egg Salad on wheat</p>
<p>10</p> <p>Penne Ala Vodka, broccoli, juice, and garlic bread</p> <p>or Tuna on Wheat</p>	<p>11</p> <p>BBQ Boneless Chicken Thigh, corn, broccoli salad, and biscuit</p> <p>or Tuna on wheat</p>	<p>12 <u>Father's Day Picnic</u></p> <p>Chicken Salad with dried cranberries on brioche roll, veggie pasta salad, bean salad, and ice cream</p> <p>No Hot option</p>	<p>13</p> <p>Chicken Quesadilla with sour cream & salsa, rice & beans, vegetable fiesta</p> <p>or Egg Salad on wheat</p>	<p>14</p> <p>Shrimp salad with lettuce on kaiser roll, lemon potato salad, and juice</p>
<p>17</p> <p>Ravioli w/ pomodoro sauce, Minestrone soup, garlic bread, and juice</p> <p>or Tuna on wheat</p>	<p>18</p> <p>Breaded Chicken Cutlet w/fruit compote, mac & cheese, carrots, biscuit, and juice</p> <p>or Tuna on wheat</p>	<p>19</p> <p>Fresh Mozzarella on French bread w/red roasted peppers, veggie pasta salad, and juice</p> <p>No Hot option</p>	<p>20 <u>Festival of Baskets</u></p> <p>Turkey Meatloaf w/ gravy, mashed potatoes, spinach, roll, and juice</p> <p>or Egg Salad on wheat</p>	<p>21</p> <p>Crab Cake with dill sauce, herb roasted potatoes, string beans, wheat bread</p> <p>or Tuna on wheat</p>
<p>24</p> <p>Baked Ziti with marinara sauce and cheese, tossed salad, zucchini, and Italian bread</p> <p>or Egg salad on wheat</p>	<p>25</p> <p>Grilled Chicken over Caesar salad with croutons, beet salad, and juice</p> <p>No Hot option</p>	<p>26 <u>Birthday Day</u></p> <p>Breaded pork chop w/apple sauce, wild rice blend, carrots, juice, wheat bread, and cake</p> <p>No Cold Option</p>	<p>27</p> <p>Roast Beef & Swiss w/horseradish sauce on roll, roasted balsamic veggies, potato salad</p> <p>No Hot option</p>	<p>28</p> <p>Personal Pizza on authentic crust, Minestrone soup, and juice</p> <p>or Tuna on wheat</p>
<p>NEW</p> <p>All reservations must be made 2 days in advance before 12pm</p>	<p>NEW</p> <p>Please reserve on the Thursday before 12pm for Monday's lunch</p>	<p><i>Select either hot or cold when making your reservations</i></p> <p>Sign Up at Front Desk or Call Hotline to make a Reservation: (516) 922-6422</p>		

****RESERVATIONS REQUIRED 2 DAYS IN ADVANCE BY 12:00 PM****

YOUR MEAL DONATION OF \$3.00 - \$5.00 IS GREATLY APPRECIATED

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging.