

-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>VIRTUAL SUPPORT GROUPS:</p> <p>Grandparents Raising Grandkids Every Wednesday 1-2:30pm</p> <p>Adult Children Of Aging Parents 3rd Wednesday of the Month 7-8:30pm</p> <p>Caregivers Group Every Monday 1-2:30pm</p>  <p>Call 631-728-1235 for more information</p>	<p>Shopping to Riverhead Stores w/Shuttle Buses Every Tuesday</p> <p>-----</p> <p>Shopping in Hampton Bays Stores w/Shuttle Buses Every Wednesday</p> 	<p>1 Flounder Francaise 12:30-3:30 Mah Jongg</p> <p>9:00-12:30 SCOFA Advocate</p> <p>9:45 Trimming the Tree w/ Eggnog & Holiday Music</p> <p>1:00 Chair Yoga w/ Beth</p> 	<p>2 Salisbury Steak w/ Mushroom Gravy 9:00 Hand Reflexology w/ Pam Normandy</p> <p>10:00 Birthday Party w/ Tommy Parris</p> <p>-----</p> <p>Happy Birthday December Babies!</p>  <p>-----</p> <p>1:00 BINGO</p>	<p>3 Stuffed Peppers 10:00 Stretch & Tone</p> <p>1:00 Canasta</p> <p>National Cookie Day-Bring in your favorite Holiday Cookie Recipe</p> 
<p>6 Cheesy Turkey Tetrazzini 10:00 Stretch & Tone</p> <p>11:00 Meditation & Relaxation</p> <p>12:45 Movie Day- "Dolly Parton's Christmas in the Square"</p> 	<p>7 Chicken Cacciatore 10:00 Knitting & Crocheting</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <p>-----</p> <p>1:00 BINGO</p>	<p>8 Salmon Cakes w/Tartar Sauce 12:30-3:30 Mah Jongg</p> <p>1:00 Chair Yoga w/ Beth</p> <p>-----</p> <p>Word Puzzle Day</p> 	<p>9 Oktoberfest Sauerbraten 10:30 Coffee and Conversation</p> <p>1:00 BINGO</p>	<p>10 Tuscan Pork Roast 10:00 Stretch & Tone</p> <p>1:00 Canasta</p> <p>12:45 Movie Day- "Dolly Parton's Christmas in the Square"</p>  <p>4-7 Game Night</p>
<p>13 Sweet & Sour Chicken Meatballs 10:00 Stretch & Tone</p> <p>11:00 Meditation & Relaxation</p> <p>1:00 Caregiver's Support Group</p> <p>-----</p> <p>Word Puzzle Day</p> 	<p>14 Four Cheese Baked Ziti 10:00 Pack Holiday Treat Bags for Congregate & HDM Seniors</p>  <p>1:00 BINGO</p> <p>1:00 Writing Group</p>	<p>15 Homemade Meatloaf w/ Mushroom Gravy 9:30-10:45 Art Therapy- Mandela Coloring</p>  <p>11:00 Guest Speaker Project Hope: "Preview: Tips for Living in the 2020's"</p> <p>12:30-3:30 Mah Jongg</p> <p>1:00 Chair Yoga w/ Beth</p>	<p>16 Chicken Milano 9:00 Hand Reflexology w/ Pam Normandy</p>  <p>10:30 Coffee and Conversation</p> <p>1:00 BINGO</p>	<p>17 Roast Turkey w/ Gravy 10:00 Stretch & Tone</p> <p>-----</p> <p>Join us for some Holiday Fun!</p>  <p>-----</p> <p>1:00 Canasta</p> <p>2:30 Book Discussion Group w/ Pam</p>
<p>20 Stuffed Rigatoni w/ Marinara Sauce 10:00 Stretch & Tone</p> <p>11:00 Meditation & Relaxation</p> <p>-----</p> <p>Word Puzzle Day</p> 	<p>21 Maple Glazed Ham 10:00 Knitting & Crocheting</p> <p>10:45 LI Cares Non Perishable Pick Up</p> <p>-----</p> <p>WEAR YOUR UGLY CHRISTMAS SWEATER!</p>  <p>-----</p> <p>1:00 BINGO</p>	<p>22 Fried Chicken 11:00 Sing-A Long w/ Emily</p> <p>12:30-3:30 Mah Jongg</p> <p>1:00 Chair Yoga w/ Beth</p>	<p>23 Pepper Steak 10:00 Coffee and Conversation</p> <p>11:00 Caroling w/Valerie DiLorenzo</p>  <p>1:00 BINGO</p>	<p>24 CHRISTMAS EVE CENTER OPEN 8am-12pm</p>  <p>Brunch served at 10am</p>
<p>27 CENTER CLOSED IN OBSERVANCE OF CHRISTMAS DAY</p> 	<p>28 Chicken Cordon Bleu 1:00 BINGO</p> <p>1:00 Writing Group</p> <p>-----</p> <p>Word Puzzle Day</p> 	<p>29 Flounder Francaise 10:00 Art Therapy- Mandela Coloring</p>  <p>12:30-3:30 Mah Jongg</p> <p>1:00 Chair Yoga w/ Beth</p>	<p>30 Salisbury Steak w/ Mushroom Gravy 10:30 Coffee and Conversation</p> <p>1:00 BINGO</p> <p>-----</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p> 	<p>31 NEW YEARS EVE CENTER OPEN 8am-12pm</p>  <p>Brunch served at 10am</p>



DECEMBER 2021 CONGREGATE MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Menu item provided through our partnership with East End Food Institute	East End Food Institute (EEFI) supports, promotes and advocates for local farmers and other food producers/providers on the East End of Long Island	1 Founder Francaise – *Butternut Squash Soup – Garlic Spinach – Wild Rice – Dinner Roll – Fresh Pear & Milk	2 Salisbury Steak w/ Mushroom Gravy, Brussel Sprouts – Mashed Potatoes – Wheat Bread – Apple Crisp, Orange Juice & Milk	3 Stuffed Peppers, Roasted Cauliflower – Orzo – Wheat Bread – Chocolate Pudding Orange Juice & Milk
6 Cheesy Tetrazzini – Peas & Mushrooms – Broccoli – Spaghetti – Italian Bread – Butterscotch Pudding -Orange Juice & Milk	7 Chicken Cacciatore – Asparagus – Apple Juice – Polenta w/ Basil & Cheese– Sourdough Bread – Pineapple Chunks & Milk	8 Salmon Cakes w/ Tartar Sauce – *Zucchini Lemon Soup – Tuscany Blend Vegetables – Yellow Beans – Wild Rice – Dinner Roll – Sliced Peaches & Milk	9 Oktoberfest Sauerbraten w/ Ginger Snap Gravy, Bavarian Green Beans, Red Cabbage – Mashed Potatoes–Wheat Bread – Apple Sauce & Milk	10 Tuscan Pork Roast – Roasted Green Squash w/ Garlic & Tomatoes–Egg Noodles – Rye Bread – Orange Juice – Ambrosia Salad & Milk
13 Sweet & Sour Chicken Meatballs – Fresh Broccoli – White Rice – Wheat Bread – Fresh Grapes & Milk	14 Four Cheese Baked Ziti – *Normandy Blend Vegetables – Romaine Salad w/ Oil & Vinegar – Italian Bread – Sliced Apricots & Milk	15 Homemade Meatloaf w/ Mushroom Gravy – Roasted Parsnips & Carrots – Mashed Potatoes – Rye Bread – Tropical Fruit - Orange Juice & Milk	16 Chicken Milano, Split Pea Soup, Garlic Green Beans – Rice Pilaf – Wheat Roll – Vanilla Pudding & Milk	17 Roast Turkey w/ Gravy- Cornbread Stuffing- String Bean Casserole- Mashed Potatoes- Assorted Roll- Pumpkin Pie- Orange Juice
20 Stuffed Rigatoni w/ Roasted Garlic Marinara – *Baked Winter Squash – Herb Carrots – Italian Bread – Tropical Fruit & Milk	21 Maple Glazed Ham – Green Beans – Sweet Potato – Whole Wheat Bread – Clementine - Orange Juice & Milk	22 Fried Chicken – *Tomato Soup – Collard Greens– Corn Sauté - Corn Bread – Fresh Apple & Milk	23 Pepper Steak – Yellow Beans – Asian Blend Veggies – White Rice – Rye Bread - Fruited Jell-O & Milk	24 Scrambled Eggs – Bacon – Home Fries – Blueberry Muffins – Fresh Cut Fruit - Orange Juice & Milk
27 Sausage & Tomato in a Cream Sauce with Bowtie Pasta– *Normandy Vegetables –Italian Bread – Fresh Orange - Apple Juice & Milk	28 Chicken Cordon Bleu – Fresh Broccoli – Carrots – Whole Wheat Noodles– Wheat Bread – Mandarin Oranges & Milk	29 Founder Francaise – *Butternut Squash Soup – Garlic Spinach – Wild Rice – Dinner Roll – Fresh Pear & Milk	30 Salisbury Steak w/ Mushroom Gravy, Brussel Sprouts – Mashed Potatoes – Wheat Bread – Apple Crisp – Orange Juice & Milk	31 Vegetable Frittata – Sausage Pattie – French Toast – Orange Juice – Fruit Compote & Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Please inform Center staff if you have a food allergy

PRE-REGISTRATION REQUIRED A DAY IN ADVANCE.

Advise staff of alternate choice when making reservation

GRAB ‘N GO MEALS – PRE-REGISTRATION REQUIRED

ALTERNATIVE ENTRÉE: NOT AVAILABLE FOR GRAB ‘N GO

Week of Dec 1 & 27	Hot: Hot Dog w/ Mustard	Cold: Waldorf Salad
Week of Dec 6	Hot: Grilled Veggie Wrap	Cold: Chicken Salad Plate
Week of Dec 13	Hot: Breaded Chicken Sandwich w/ Cheese	Cold: BLT Salad
Week of Dec 20	Hot: Cheese Quesadilla w/ Salsa	Cold: Tuna Fish Plate

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