

-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>Shopping in Hampton Bays Stores w/Shuttle Buses Every Wednesday</p> 	<p>1 Flounder Francaise 9:30 Trimming the Tree w/ Egnog & Holiday Music  10:30 Stretch & Tone 12:45 Holiday Bingo</p>	<p>2 Salisbury Steak w/Mushroom Gravy 9:00 Table Games 10:00 Chair Yoga w/ Beth 11:00 Pet Therapy w/Mercedes</p>	<p>3 Stuffed Peppers 10:00 Coffee & Conversation 10:30 Line Dancing w/ Maxine 10:30 Gingerbread House Decorating 12:45 BINGO</p>
<p>6 Cheesy Turkey Tetrazzini 10:00 Chair Yoga-Video 10:30 Line Dancing w/ Linda & Jean 1:00 Advanced Line Dancing w/ Maxine</p>	<p>7 Chicken Cacciatore 9:30 Rummikub 10:00 Knitting & Crocheting 10:30 Cards & Games 11:00 Blood Pressure Screening</p>	<p>8 Salmon Cakes w/ Tartar Sauce 10:00 Holiday Cards for Veterans 10:30 Stretch & Tone 11:00 Holiday Party Favor Craft 12:45 Holiday BINGO</p>	<p>9 Oktoberfest Sauerbraten 9:00 Table Games 10:00 Chair Yoga w/ Beth</p> <p>-----</p> <p>WORD SEARCH DAY </p> <p>-----</p>	<p>10 Tuscan Pork Roast 10:00 Coffee & Conversation  10:30 Line Dancing w/ Maxine 12:45 BINGO</p>
<p>13 Sweet & Sour Chicken Meatballs 10:00 Chair Yoga-Video 10:30 Line Dancing w/ Linda & Jean 1:00 Advanced Line Dancing w/ Maxine</p> <p>-----</p> <p>CROSSWORD PUZZLE DAY </p> <p>-----</p>	<p>14 Four Cheese Baked Ziti 9:30 Rummikub 10:00 Knitting & Crocheting</p> <p>Wear Your Ugly Holiday Sweater Day & Win a Prize</p>	<p>15 Homemade Meatloaf w/ Mushroom Gravy 10:00 Coffee & Conversation 10:30 Stretch & Tone 12:45 Holiday BINGO</p>	<p>16 Chicken Milano 9:00 Table Games 10:00 Chair Yoga w/ Beth </p> <p>11:00 Pet Therapy w/Mercedes</p>	<p>17 Roast Turkey w/Gravy 10:00 – 12:00 SCOFA Advocate</p> <p>-----</p> <p>10:45 With Tommy Parris  We will also celebrate December birthdays!</p> <p>-----</p> <p>2:30 Book Discussion w/Pam @ HBSC </p>
<p>20 Stuffed Rigatoni 10:00 Chair Yoga-Video NO A.M. LINE DANCING TODAY 10:45 Caroling w/Valerie DiLorenzo  1:00 Advanced Line Dancing w/ Maxine</p>	<p>21 Maple Glazed Ham 9:30 Rummikub 10:00 Knitting & Crocheting 10:00 LI Cares Non Perishable Pick Up 10:30 Cards & Games</p>	<p>22 Fried Chicken 10:00 Coffee & Conversation 10:30 Stretch & Tone 12:45 BINGO</p>	<p>23 Pepper Steak 9:00 Table Games 10:00 Chair Yoga w/ Beth</p> <p>-----</p> <p>WORD SEARCH DAY </p> <p>-----</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 9:30 Rummikub 10:00 Knitting & Crocheting 10:30 Cards & Games</p> <p>-----</p> <p>WORD PUZZLE DAY </p> <p>-----</p>	<p>29 Flounder Francaise 10:30 Stretch & Tone 12:45 BINGO – New Year's Eve Theme</p>	<p>30 Salisbury Steak w/Mushroom Gravy 9:00 Table Games 10:00 Chair Yoga w/ Beth 11:00 Coffee & Conversation</p>	<p>31 NEW YEARS EVE CENTER OPEN 8am-12pm</p>  <p>Brunch served at 10am</p>



Town of

SOUTHAMPTON

Eastern Long Island, NY

SENIOR SERVICES

Phone (631) 728-1235

Fax (631) 723-3061

DECEMBER 2021 CONGREGATE MEAL MENU

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

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

Funding provided by US Administration for Community Living through New York State Office for the Aging, Suffolk County Office for the Aging and the Town of Southampton