




Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>VIRTUAL SUPPORT GROUPS:</u></b></p> <p><b><u>Grandparents Raising Grandkids</u></b>                      Every Wednesday                      1-2:30pm</p> <p><b><u>Adult Children Of Aging Parents</u></b>                      3<sup>rd</sup> Wednesday of the Month                      7-8:30pm</p> <p><b><u>Caregivers Group</u></b>                      Every Monday                      1-2:30pm</p> <p><b>Call 631-728-1235 for more information</b></p>	<p><b><u>Everyday Activities</u></b></p> <p><b><u>9:30-Current Events</u></b>  <b><u>11:00-Exercises</u></b>  <b><u>11:30-Lecture</u></b>  <b><u>12:00-Lunch</u></b>  <b><u>1:00- Game, Craft or Music</u></b></p>	<p><b><u>1 Flounder Francaise</u></b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Classical  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion: Whats So Special About December  <b><u>1:00</u></b> Ladderball</p>	<p><b><u>2 Salisbury Steak w/ Mushroom Gravy</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music-Frank Sinatra  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion: It's A Wonderful Life  <b><u>1:00</u></b> Garland Craft</p> 	<p><b><u>3 Stuffed Peppers</u></b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Country  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Guess Who? Kirk Douglas  <b><u>1:00</u></b> Music</p> 
<p><b><u>6 Cheesy Turkey Tetrazzini</u></b>  <b>Word of The Week- "Hot Chocolate"</b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Show Tunes  <b><u>9:30</u></b> Current Events  <b><u>10:30</u></b> Exercise w/ Larry  <b><u>11:30</u></b> Discussion: 13<sup>th</sup> Amendment  <b><u>1:00</u></b> BINGO</p>	<p><b><u>7 Chicken Cacciatore</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music-Ella Fitzgerald  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion: Hot Chocolate  <b><u>1:00</u></b> Hot Chocolate &amp; Scratch Craft Ornaments</p> 	<p><b><u>8 Salmon Cakes w/ Tartar Sauce</u></b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Classical  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Guess Who? Sammy Davis Jr.  <b><u>1:00</u></b> Trivia</p> 	<p><b><u>9 Oktoberfest Sauerbrauten</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music-Michael Buble  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion: King Kong Film Opened  <b><u>1:00</u></b> Gingerbread House Craft</p> 	<p><b><u>10 Tuscan Pork Roast</u></b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music- The Beatles  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Guess Who? Mona Lisa  <b><u>1:00</u></b> Pet Therapy w/ "Bella"</p>
<p><b><u>13 Sweet and Sour Chicken Meatballs</u></b>  <b>Word of the Week- "Kindness"</b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Show Tunes  <b><u>9:30</u></b> Current Events  <b><u>10:30</u></b> Exercise w/ Larry  <b><u>11:30</u></b> Discussion- Elvis Presley Drafted  <b><u>1:00</u></b> Christmas Figurine Craft</p> 	<p><b><u>14 Four Cheese Baked Ziti</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music- Country  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion- UNICEF  <b><u>1:00</u></b> Scattagories</p>	<p><b><u>15 Homemade Meatloaf</u></b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-The Andrews Sisters  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion- Our Lady of Guadalupe  <b><u>1:00</u></b> Horseracing</p> 	<p><b><u>16 Chicken Milano</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music- Jazz  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion- Gone with the Wind  <b><u>1:00</u></b> Water Color Ornaments</p> 	<p><b><u>17 Roast Turkey</u></b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Country  <b><u>9:30</u></b> Current Events  <b><u>10:45</u></b> With a Special Guest!  <b>We will also celebrate December birthdays!</b></p> <p><b><u>1:00</u></b> Music-Singing Christmas Carols</p>  
<p><b><u>20 Stuffed Rigatoni</u></b>  <b>Word of the Week- "Gratitude"</b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Show Tunes  <b><u>9:30</u></b> Current Events  <b><u>10:30</u></b> Exercise w/ Larry  <b><u>11:30</u></b> Christmas Questions  <b><u>1:00</u></b> Christmas Tree Craft</p> 	<p><b><u>21 Maple Glazed Ham</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music-1970's  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Caroling w/ Valerie DiLorenzo  <b><u>1:00</u></b> Exercise</p> 	<p><b><u>22 Fried Chicken</u></b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Beach Boys  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion- Christmas Truce  <b><u>1:00</u></b> Race by Numbers Game</p>	<p><b><u>23 Pepper Steak</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music-Country Music  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion: National Poinsettia Day  <b><u>1:00</u></b> Stockings</p> 	<p><b><u>24 CHRISTMAS EVE CENTER OPEN</u></b>  <b>8am-11am</b></p>  <p><b>Brunch served at 10am</b>  <b>NO TRANSPORTATION</b></p>
<p><b><u>27</u></b></p> <p><b>CENTER CLOSED IN OBSERVANCE OF CHRISTMAS DAY</b></p> 	<p><b><u>28 Chicken Cordon Bleu</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music-Ella Fitzgerald  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Guess Who? Louis Pasteur  <b><u>1:00</u></b> Bingo Party</p> 	<p><b><u>29 Flounder Francaise</u></b>  <b><u>8:30</u></b> Continental Breakfast &amp; Music-Classical  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Guess Who? Alan Shepard  <b><u>1:00</u></b> Target Game</p>	<p><b><u>30 Salisbury Steak w/ Mushroom Gravy</u></b>  <b><u>8:30</u></b> Hot Breakfast &amp; Music-Frank Sinatra  <b><u>9:30</u></b> Current Events  <b><u>11:00</u></b> Exercise  <b><u>11:30</u></b> Discussion- New Year's Day  <b><u>1:00</u></b> Paint By Number</p> 	<p><b><u>31</u></b></p> <p><b>NEW YEARS EVE CENTER OPEN</b>  <b>8am-12pm</b></p>  <p><b>Brunch served at 10am</b>  <b>NO TRANSPORTATION</b></p>



**DECEMBER 2021 CONGREGATE MEAL MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Flounder Francaise – Roasted Asparagus – Cauliflower – Orange Juice – Wild Rice – Wheat Bread – Apple Turnover & Milk	<b>2</b> Salisbury Steak w/ Mushroom Gravy, Brussel Sprouts – Mashed Potatoes – Wheat Bread – Apple Crisp, Orange Juice & Milk	<b>3</b> Stuffed Peppers, Roasted Cauliflower – Orzo – Wheat Bread – Chocolate Pudding Orange Juice & Milk
<b>6</b> Cheesy Trazzini – Peas & Mushrooms – Broccoli – Spaghetti – Italian Bread – Butterscotch Pudding -Orange Juice & Milk	<b>7</b> Chicken Cacciatore – Asparagus – Apple Juice – Polenta w/ Basil & Cheese– Sourdough Bread – Pineapple Chunks & Milk	<b>8</b> Salmon Cakes w/ Tartar Sauce – Braised Kale – Yellow Beans – Wild Rice – Dinner Roll – Sliced Peaches & Milk	<b>9</b> Oktoberfest Sauerbraten w/ Ginger Snap Gravy, Bavarian Green Beans, Red Cabbage – Mashed Potatoes–Wheat Bread – Apple Sauce & Milk	<b>10</b> Tuscan Pork Roast – Roasted Green Squash w/ Garlic & Tomatoes–Egg Noodles – Rye Bread – Orange Juice – Ambrosia Salad & Milk
<b>13</b> Sweet & Sour Chicken Meatballs – Fresh Broccoli – White Rice – Wheat Bread – Fresh Grapes & Milk	<b>14</b> Four Cheese Baked Ziti – Normandy Blend Veggies – Romaine Salad w/ Oil & Vinegar – Italian Bread – Sliced Apricots & Milk	<b>15</b> Homemade Meatloaf w/ Mushroom Gravy – Roasted Parsnips & Carrots – Mashed Potatoes – Rye Bread – Tropical Fruit - Orange Juice & Milk	<b>16</b> Chicken Milano, Split Pea Soup, Garlic Green Beans – Rice Pilaf – Wheat Roll – Vanilla Pudding & Milk	<b>17</b> Roast Turkey w/ Gravy- Corn- Bread Stuffing- String Bean Casserole- Mashed Potatoes- Assorted Roll- Pumpkin Pie- Orange Juice
<b>20</b> Stuffed Rigatoni w/ Roasted Garlic Marinara – Baked Zucchini – Herb Carrots – Italian Bread – Tropical Fruit & Milk	<b>21</b> Maple Glazed Ham – Green Beans – Sweet Potato - Orzo w/Roasted Veggies – Whole Wheat Bread – Clementine - Orange Juice & Milk	<b>22</b> Fried Chicken – Tomato Soup – Collard Greens– Corn Sauté - Corn Bread – Fresh Apple & Milk	<b>23</b> Pepper Steak – Yellow Beans – Asian Blend Veggies – White Rice – Rye Bread - Fruited Jello & Milk	<b>24</b> Scrambled Eggs – Bacon – Home Fries – Blueberry Muffins – Fresh Cut Fruit - Orange Juice
<b>27</b> Sausage & Tomato in a Cream Sauce with Bowtie Pasta– Normandy Vegetables –Italian Bread – Fresh Orange - Apple Juice & Milk	<b>28</b> Chicken Cordon Bleu – Fresh Broccoli – Carrots – Whole Wheat Noodles– Wheat Bread – Mandarin Oranges & Milk	<b>29</b> Flounder Francaise – Roasted Asparagus – Cauliflower – Orange Juice – Wild Rice – Wheat Bread – Apple Turnover & Milk	<b>30</b> Salisbury Steak w/ Mushroom Gravy, Brussel Sprouts – Mashed Potatoes – Wheat Bread – Apple Crisp, Orange Juice & Milk	<b>31</b> Stuffed Peppers, Roasted Cauliflower – Orzo – Wheat Bread – Chocolate Pudding Orange Juice & 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	<b>Hot:</b> Hot Dog w/ Mustard	<b>Cold:</b> Waldorf Salad
Week of Dec 6	<b>Hot:</b> Grilled Veggie Wrap	<b>Cold:</b> Chicken Salad Plate
Week of Dec 13	<b>Hot:</b> Breaded Chicken Sandwich w/ Cheese	<b>Cold:</b> BLT Salad
Week of Dec 20	<b>Hot:</b> Cheese Quesadilla w/ Salsa	<b>Cold:</b> Tuna Fish Plate