





JUNE 2022




Riverhead Senior Center (631) 727-3200 EXT.290

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 L.S. CHEESEBURGER BROCCOLI ITALIAN BLEND VEGGIE	2 HAM STEAK SWEET POTATO BRUSSEL SPROUTS	3 SHRIMP SCAMPI WILD RICE SPINACH
6 FRENCH ONION CHICKEN RED POTATO BROCCOLI W/ GARLIC	7 EGGPLANT ROLLATINI PASTA ZUCCHINI	8 CHICKEN SALAD CORN SALAD BEET SALAD	9 BEEF & BROCCOLI WHITE RICE BROCCOLI	10 POTATO CRUSTED COD EGG NOODLES KALE W/ GARLIC
13 CHICKEN CACCIATORE WHITE RICE BROCCOLI & CAULIFLOWER	14 SAUSAGE & PEPPERS RED POTATO ITALIAN BEANS	15 L.S. HAM & SWISS ON WHEAT ROMAINE SALAD CARROT SALAD	16 GRILLED SHRIMP PASTA SALAD ROMAINE SALAD	17 BATTER DIPPED COD EGG NOODLES OKRA W/ GARLIC
20 1/4 BBQ CHICKEN BAKED BEANS CAULIFLOWER	21 STUFFED PEPPERS RICE MIXED VEGGIE	22 L.S. CHICKEN CUTLET ON A BUN BROCCOLI SUMMER SQUASH	23 HOT TURKEY STUFFING BRUSSEL SPROUTS	24 KRABBY CAKE CORN COLLARD GREENS
27 CHICKEN CORDON BLEU ROASTED POTATO BROCCOLI	28 MEATBALL STROGANOFF EGG NOODLES STRING BEANS	29 L.S. SLICED TURKEY & SWISS ROMAINE SALAD COLE SLAW	30 MEATLOAF W/ GRAVY MASHED POTATO BRUSSEL SPROUTS	

MENU IS SUBJECT TO CHANGE AND MAY BE DIFFERENT FOR MEALS ON WHEELS

JANUARY 2022

RIVERHEAD SENIOR CENTER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT AND STRETCH WITH PAT</p> <p>1:00 LINE DANCING</p> <p>CENTER CLOSED JANUARY 17TH</p> <div style="text-align: center;">  <p>Martin Luther King Jr. Day I HAVE A DREAM</p> </div> <p>NO SCOFA ADVOCATE AT THE CENTER</p> <p>CALL CHRISTY (631) 853-8257</p>	<p>BINGO STARTS AT 9AM TO 11:30 JOIN IN AT ANYTIME</p>	<p>10:00 OSTEO EXERCISE WITH CHARLENE</p> <p>10:30 DANCE AEROBICS</p> <p><u>WENESDAY WALMART</u> GET DROPPED OFF ON THE WAY TO THE CENTER THEN HAVE LUNCH AT THE CENTER</p> <p>YOU GET TAKEN HOME AFTER LUNCH YOU MUST CALL OFFICE TO MAKE RESERVATION SEATING IS LIMITED <u>LIMIT 2 BAGS !!</u></p>	<p>BINGO STARTS AT 9AM TO 11:30 JOIN IN AT ANYTIME</p>	<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT AND STRETCH WITH PAT</p> <p style="text-align: center;">PLEASE BE PATIENT DUE TO COVID WE WILL NOT BE ADDING TO THE ACTIVITIES CALENDAR</p>

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