



**JUNE 2022 RIVERHEAD SENIOR CENTER ACTIVITIES 631-727-3200 EXT 290
TRANSPORTATION IS PROVIDED IF YOU ARE AGE 60 AND ABOVE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT & STRETCH W/ PAT</p> <p>11:00 LINE DANCING</p> <p><u>NO EXERCISE OR DANCE JUNE 20TH</u></p> <p><u>SCOFA SENIOR ADVOCATE JUNE 27TH 10AM TO 12 PM</u></p>	<p>BINGO STARTS 9AM TO 11:30 JOIN IN ANYTIME <u>NO BINGO JUNE 21ST</u></p>  <p>DO YOU KNOW A SENIOR WHO WOULD LIKE A FRIENDLY PHONE CALL? JOIN THE "SKIT PROGRAM" "SENIORS KEEPING IN TOUCH" AND YOU WILL RECEIVE A FRIENDLY HELLO MONDAY THRU FRIDAY GIVE THE CENTER A CALL WE WILL ADD YOUR NAME TO THE PROGRAM</p>	<p>10:00 OSTEO EXERCISE W/ CHARLENE</p> <p>10:30 DANCE AEROBICS</p> <p><u>NO EXERCISE OR DANCE JUNE 22ND</u></p> <p><u>WEDNESDAY WALMART</u> GET DROPPED OFF ON THE WAY TO CENTER THEN YOU HAVE LUNCH AT CENTER YOU GET TAKEN BACK HOME AFTER LUNCH YOU MUST CALL THE OFFICE TO MAKE RESERVATION BUS SEATING IS LIMITED <u>LIMIT 2 BAGS !!</u></p>	<p>BINGO STARTS 9AM TO 11:30 JOIN IN ANYTIME <u>NO BINGO JUNE 23RD</u></p>  <p><u>TRANSPORT TO LOCAL GROCERY STORES AND DOCTORS PROVIDED ON LIMITED BASIS</u></p>	<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT & STRETCH W/ PAT</p> <p><u>NO EXERCISE ON JUNE 24TH</u></p> <p><u>TRANSPORTATION TO THE CENTER IS PROVIDED IF YOU ARE AGE 60+ & LIVE IN RIVERHEAD</u></p>

