

MARCH 2023 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 align="center"><u>SCOFA</u> <u>SENIOR ADVOCATE</u> <u>MARCH 13TH</u> <u>10AM TO 12 PM</u></p>	<p align="center">BINGO STARTS 9AM TO 11:30 JOIN IN ANYTIME</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 align="center"><u>MARCH 1ST</u> <u>SPEAKER 11AM</u> <u>HEALTH & HUMAN</u> <u>SERVICES</u> <u>INSULIN COSTS</u> <u>COVID & VACCINES</u></p> <p align="center"><u>WALMART</u> YOU GO TO STORE ON TRANSPORT FROM HOME GET PICKED BACK UP HAVE LUNCH AT CENTER HOME AFTER LUNCH YOU MUST CALL THE OFFICE TO MAKE RESERVATION BUS SEATING IS LIMITED <u>LIMIT 2 BAGS !!</u> <u>ATTENTION !!!!</u></p>	<p align="center">BINGO STARTS 9AM TO 11:30 JOIN IN ANYTIME</p> <p>9:30 MOVIE IN AUDITORIUM</p> <p align="center"><u>MARCH 9TH</u> <u>11 TO 2</u> <u>ST PAT'S PARTY</u> <u>YOU MUST PRE REGISTER</u> <u>TO ATTEND !</u></p> <p align="center"><u>MARCH 16TH</u> <u>HAPPY BIRTHDAY</u> <u>CAKE DAY !!</u></p>	<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT & STRETCH W/ PAT</p> <p align="center"><u>ATTENTION !!</u> <u>AFTERNOON</u> <u>MOVIE</u> <u>"WHERE THE</u> <u>CRAWDADS SING"</u> <u>STARTS 12:30</u> <u>MARCH 3RD</u></p> <p align="center"><u>TRANSPORT TO LOCAL</u> <u>GROCERY STORES</u> <u>AND DOCTORS</u> <u>PROVIDED ON</u> <u>LIMITED BASIS</u> <u>YOU MUST LIVE IN</u> <u>TOWNSHIP OF</u> <u>RIVERHEAD</u></p>

