

SEPTEMBER 2021 RIVERHEAD SENIOR CENTER ACTIVITIES 631-727-3200 EXT 290

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT &amp; STRETCH W/ PAT</p> <p>1:00 LINE DANCING</p> <p><b><u>SCOFA</u></b> <b><u>SENIOR ADVOCATE</u></b> <b><u>SEPTEMBER 27TH</u></b> <b><u>10 TO 12</u></b> <b><u>IN AUDITORIUM</u></b> <b><u>GET HELP WITH</u></b> <b><u>ENTITLEMENTS SUCH AS</u></b> <b><u>MEDICAID</u></b> <b><u>SNAP BENEFITS</u></b> <b><u>HEAP</u></b></p>	<p>9:30 BINGO</p> <p>DO YOU KNOW A SENIOR WHO WOULD LIKE A FRIENDLY PHONE CALL? JOIN THE <b>"SKIT PROGRAM"</b> <b>"SENIORS KEEPING IN TOUCH"</b> 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><b><u>WEDNESDAY WALMART</u></b> 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 LIMIT 2 BAGS !!</p>	<p>9:30 BINGO</p> <p>9:45 MORNING MOVIE</p> <p><b><u>PLEASE BE PATIENT</u></b> <b><u>DUE TO INCREASING</u></b> <b><u>NUMBERS OF COVID</u></b> <b><u>WE ARE SORRY BUT</u></b> <b><u>WE WILL NOT BE ADDING</u></b> <b><u>TO THE ACTIVITY CALENDAR</u></b> <b><u>FOR AWHILE</u></b></p>	<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT &amp; STRETCH W/ PAT</p> <p><b><u>SEPTEMBER 24TH</u></b> <b><u>WE WILL BE HAVING A</u></b> <b><u>FUN FRIDAY BBQ</u></b> <b><u>RESERVATIONS ONLY</u></b> <b><u>SEATING IS LIMITED</u></b></p>

