


**AUGUST 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 &amp; STRETCH W/ PAT</p> <p>11:00 LINE DANCING</p> <p><b><u>NO ACTIVITIES AUGUST 15TH !!!</u></b></p> <p><b><u>SCOFA SENIOR ADVOCATE AUGUST 22ND 10AM TO 12 PM</u></b></p>	<p>BINGO STARTS 9AM TO 11:30 JOIN IN ANYTIME</p> <p><b><u>NO BINGO AUG. 16TH</u></b></p> <p><b><u>CENTER CLOSED AUGUST 23RD</u></b></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><b><u>NO ACTIVITIES AUG. 17TH</u></b></p> <p>10:30 DANCE AEROBICS</p> <p><b><u>NUTRITIONAL SPEAKERS</u></b></p> <p><b><u>11:30 AUGUST 3RD</u></b> HYPERTENSION</p> <p><b><u>11:30 AUGUST 10TH</u></b> EATING FOR A HEALTHY COLON</p> <p><b><u>WEDNESDAY WALMART</u></b> ON 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 <b><u>LIMIT 2 BAGS !!</u></b> <b><u>NOTICE!!!!</u></b> <b><u>ATTENTION !!!!</u></b> THE LAST WEEK OF THE MONTH WE WILL BE GOING TO <b>TARGET</b> INSTEAD OF WALMART!</p>	<p>BINGO STARTS 9AM TO 11:30 JOIN IN ANYTIME</p> <p><b><u>NO BINGO AUG. 18TH</u></b></p> <p>9:30 MOVIE IN AUDITORIUM</p> <p><b><u>SAVE THE DAY !! SEPTEMBER 8TH</u></b></p> <p><b><u>BBQ RAFFLES</u></b></p> <p><b><u>TRANSPORT TO LOCAL GROCERY STORES AND DOCTORS PROVIDED ON LIMITED BASIS</u></b></p>	<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT &amp; STRETCH W/ PAT</p> <p><b><u>NO ACTIVITIES AUG.19TH</u></b></p> <p><b><u>TRANSPORTATION TO THE CENTER IS PROVIDED IF YOU ARE AGE 60+ &amp; LIVE IN RIVERHEAD</u></b></p>

