


**MAY 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 align="center"><b><u>SCOFA</u></b> <b><u>SENIOR ADVOCATE</u></b> <b><u>MAY 23RD</u></b> <b><u>10AM TO 12 PM</u></b></p> <p><b><u>TRANSPORTATION</u></b> <b><u>TO THE CENTER</u></b> <b><u>IS PROVIDED</u></b> <b><u>IF YOU ARE AGE 60+</u></b> <b><u>&amp; LIVE IN</u></b> <b><u>RIVERHEAD</u></b></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"><b>WEDNESDAY 5/11</b> <b>10:00 AM</b> <b>IN THE AUDITORIUM</b> <b><u>ALZHEIMERS ASSOCIATION</u></b></p> <p align="center">WILL BE GIVING A PRESENTATION ON THE 10 WARNING SIGNS OF ALZHEIMER'S AND HOW TO HAVE A CARING CONVERSATION WITH FAMILY MEMBERS</p> <p align="center"><b><u>CLEAR CAPTIONS PHONE</u></b> REPRESENTATIVE WILL BE HERE TO SPEAK WEDNESDAY 5/11 11:45 IN DINING ROOM</p>	<p align="center">BINGO STARTS 9AM TO 11:30 JOIN IN ANYTIME</p> <p align="center">9:45 MOVIE</p> <p align="center"><b>THE SENIOR PROM IS BACK!!</b> <b>THURSDAY MAY 19TH</b> <b>3PM TO 6PM</b> <b>YOU MUST PRE REGISTER</b> <b>IN PERSON IN THE MAIN</b> <b>OFFICE AT SR. CENTER</b> <b>NO EXCEPTIONS!!</b></p> <p align="center"><b><u>TRANSPORT TO LOCAL</u></b> <b><u>GROCERY STORES</u></b> <b><u>AND DOCTORS</u></b> <b><u>PROVIDED ON</u></b> <b><u>LIMITED BASIS</u></b></p>	<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT &amp; STRETCH W/ PAT</p> <p align="center"><b><u>11:45</u></b> <b><u>DIETICIAN COLEEN</u></b> <b><u>FROM SCOFA</u></b> <b>SPEAKING ON THE</b> <b>"MIGHTY POTATO"</b></p> <p align="center"><b><u>FRIDAY 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 <b><u>LIMIT 2 BAGS !!</u></b></p>

