

# NOVEMBER 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 style="text-align: center;"><b><u>SCOFA</u></b> <b><u>SENIOR ADVOCATE</u></b> <b><u>NOVEMBER 29TH</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 style="text-align: center;">BINGO START 9AM TO 11:30 JOIN IN ANYTIME</p> <p style="text-align: center;"><b><u>CENTER CLOSED</u></b> <b><u>TUESDAY NOV. 2ND</u></b></p> <p style="text-align: center;">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>10:30 DANCE AEROBICS</p> <p>10:30 MEDICARE SEMINAR NOVEMBER 3RD W/ CINDY GOLDSHER IN AUDITORIUM</p> <p style="text-align: center;"><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 <b><u>LIMIT 2 BAGS !!</u></b></p>	<p style="text-align: center;">BINGO START 9AM TO 11:30 JOIN IN ANYTIME</p> <p style="text-align: center;">9:45 MOVIE</p> <p>THANKSGIVING LUNCH REGISTRATION ONLY!!! SEATING IS LIMITED</p> <p style="text-align: center;"><b><u>CENTER CLOSED</u></b> <b><u>THURSDAY NOV. 11TH</u></b> <b><u>THURSDAY NOV. 25TH</u></b></p>	<p>10:00 DANCE AEROBICS</p> <p>10:30 SIT &amp; STRETCH W/ PAT</p> <p style="text-align: center;"><b><u>CENTER CLOSED</u></b> <b><u>FRIDAY NOV. 26TH</u></b></p> <p style="text-align: center;"><i><u>PLEASE BE PATIENT</u></i> <i><u>DUE TO COVID</u></i> <i><u>WE WILL NOT BE ADDING</u></i> <i><u>TO THE ACTIVITY CALENDAR</u></i> <i><u>FOR AWHILE</u></i></p>

