December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Fresh Ham Stuffing Apple Sauce String Beans Orange Juice Peaches	2 Baked Scrod over Orzo w/Herbs California Blend Vegetables Asparagus Orange Juice Apple Pie	3
4	5 Chicken Marsala Wild Rice Carrots Spinach Cranberry Juice Rice Pudding	6 Broccoli & Cheddar Quiche Rosemary Potatoes Diced Carrots Brussels Sprouts Orange Juice Blueberry Cobbler	7 Spaghetti w/Meatballs California Blend Vegetables Carrots Apple Juice Peach Pie	8 Sauerbraten Red Potatoes Red Cabbage Glazed Carrots Orange	9 Crab Cake over Rice Okra & Stewed Tomatoes String Beans Diced Pears	10
11	12 Chicken Cordon Bleu Corn Mixed Vegetables Broccoli Mandarin Oranges	13 Honey Mustard Salmon Wild Rice Spinach Carrots Orange Juice Ice Cream	14 Roast Beef w/Gravy Mashed Potatoes Asparagus Riviera Blend Vegetables Tropical Fruit Cup	15 Stuffed Shells Caesar Salad Normandy Blend Vegetables Diced Carrots Homemade Cheesecake	16 Shrimp Scampi over Rice Spinach W/Garlic & Oil Cauliflower Apple Juice Banana	17
18	19 Potato Encrusted Cod Macaroni & Cheese Spinach Orange Juice Apple	20 Hearty Beef Stew over Egg Noodles Mixed Vegetables Brussels Sprouts Diced Peaches	21 Chicken Milano Bowtie Pasta Broccoli Carrots Orange Juice Apple Betty WINTER BEGINS	22 Turkey w/Gravy Cranberry/Cornbread/Sausage Stuffing Mashed Sweet Potatoes Green Bean Almandine Apple Juice Homemade Sweet Potato Pie	23 BUILDING CLOSING @ 11:30 am for Christmas Eve - Take Outs available - must sign up in advance	24 CHRISTMAS EVE HANUKKAH begins at sundown
25 CHRISTMAS DAY	26 BUILDING CLOSED FOR CHRISTMAS DAY KWANZAA begins	27 Apricot Chicken Rice Broccoli Carrots Tropical Fruit Cup	28 Parmesan Tilapia Roasted Potatoes Spinach Riviere Blend Vegetables Orange Juice Birthday Cake	29 Pot Roast w/Mashed Potatoes String Beans Red Cabbage Orange Juice Belgium Chocolate Tiramisu	30 BUILDING CLOSING @ 11:30 am for New Year's Eve - Take Outs available - must sign up in advance	31

SOUTHOLD TOWN SENIOR SERVICES
750 Pacific St., Mattituck - 631-298-4460
Karen McLaughlin, Director
Jacqueline Martinez. Sr. Citizen Cntr Mgr.

BLOOD PRESSURE CLINIC December 21, 2016
11:30am

December 2016

ACTIVITIES
SOUTHOLD TOWN SENIOR SERVICES
750 Pacific St., Mattituck - 631-298-4460
Karen McLaughlin, Director
Jacqueline Martinez, Sr. Citizen Cntr Mgr.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 am Caseworker Phyllis 10:00 a.m. Tablets with Students	2 1:00 pm Trip to Macy's	3
4	5 1:00 pm Monday Matinee -	6 10:45 am Tea Time Tuesday	7 9:00 am SCOFA Sr. Advocate 10:00 am Arts & Crafts 1:00 pm Grocery Shopping	8 9:00 am Caseworker Phyllis 10:00 a.m. Tablets with Students	9 11:00 am Reiki Circle 1:00 pm Trip to Walmart	10
11	12 1:00 pm Monday Matinee -	13 10:45 am Tea Time Tuesday	14 9:00 am Caseworker Stella 10:00 am Arts & Crafts 1:00 pm Grocery Shopping	15 9:00 am Caseworker Phyllis 10:00 a.m. Tablets with Students	16 11:00 a.m. Show & Tell 1:00 pm Trip to TJ Maxx	17
18	19 1:00 pm Monday Matinee -	20 10:45 am Tea Time Tuesday 1:00 pm ABD 65+ prog - health insurance application & assitance 1:30 pm Caregivers Support Group	21 9:00 am Caseworker Stella 10:00 am Arts & Crafts 11:30 Blood Pressure 1:00 pm Grocery Shopping @ Stop & Shop WINTER BEGINS	22 9:00 am Caseworker Phyllis 10:00 Tablets with Students	23 BUILDING CLOSING @ 11:30 am	24 CHRISTMAS EVE ************ HANUKKAH begins at sundown
25 CHRISTMAS DAY	26 BUILDING CLOSED FOR CHRISTMAS DAY ************* KWANZAA begins	27 10:45 am Tea Time Tuesday	28 9:00 am Caseworker Stella 10:00 am Arts & Crafts 1:00 pm Grocery Shopping	29 10:30 - 1:00 New Year's Eve Celebration with Music by Danny Keys/NAME THAT TUNE 9:00 am Caseworker Phyllis	30 BUILDING CLOSING @ 11:30 am	NEW YEAR'S EVE