

# May 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**NATIONAL  
OLDER  
AMERICAN  
MONTH**

**7**  
**Sub for Week**  
**Chicken Salad**  
**on Wheat**

**14**  
**Sub for Week**  
**Cheese Burger**  
**on Bun**  
**Mother's Day**

**21**  
**Sub for Week**  
**Chicken with**  
**Broccoli &**  
**Cheese**

**28**  
**Sub for Week**  
**Egg Salad**  
**on Wheat**

**1**  
**Brewer's Cod**  
**Yellow Rice**  
**Black Bean**  
**Spinach**  
**Apple Juice**  
**Fruit Cup**

**8**  
**Chicken with Brie &**  
**Cranberries, Risotto**  
**Spinach**  
**Apple Juice**  
**Diced Peaches**

**15**  
**Teriyaki Glazed**  
**Chicken**  
**Garden Blend Rice**  
**Asparagus**  
**Orange Juice**  
**Diced Pineapple**

**22**  
**Apricot Chicken**  
**Roasted Potatoes**  
**Brussels Sprouts**  
**Carrots**  
**Orange**

**29**  
**HOLIDAY**  
**MEMORIAL DAY**  
**BUILDING**  
**CLOSED**

**2**  
**Chicken Marsala**  
**Wild Rice**  
**Brussels Sprouts**  
**Orange Juice**  
**Diced Pears**  
**Dinner Roll**

**9**  
**Baked Pork Chop**  
**Apple Sauce**  
**Baked Beans**  
**Normandy Blend Vegetable**  
**Orange Juice**  
**Apricots**

**16**  
**Pot. Roast with Gravy**  
**Mashed Potatoes**  
**Carrots**  
**Broccoli**  
**Tropical Fruit Cup**

**23**  
**Gyro with Tzatziki Sauce,**  
**Onions & Tomatoes**  
**Pita Bread**  
**Green Beans, Normandy**  
**Blend Vegetables**  
**Strawberries/Whipped**  
**Cream**

**30**  
**Potatoes Encrusted**  
**Cod**  
**Rice**  
**Broccoli**  
**Diced Carrots**  
**Fruit Cups**

**3**  
**Stuffed Peppers**  
**Peas & Carrots**  
**Italian Green Beans**  
**Cranberry Juice**  
**Orange**

**10**  
**Tuna Salad on Romaine**  
**Lettuce**  
**Three Bean Salad**  
**Tomatoes/Mozzarella**  
**Salad**  
**Cranberry Juice**  
**Apple**

**17**  
**Eggplant Parmesan &**  
**Ziti**  
**Romaine Salad**  
**Italian Green Beans**  
**Cauliflower**  
**Ice Cream**

**24**  
**Shrimp Scampi**  
**over Rice Pilaf**  
**Fire Roasted Corn**  
**& Peppers**  
**Pear-Apple Juice**  
**Orange Cream Fruit Salad**

**31**  
**Chicken with Brie &**  
**Cranberries**  
**Roasted Potatoes**  
**Spinach**  
**Apple Juice**  
**Apple**  
**Birthday Cake**

**4**  
**Bacon & Swiss Quiche,**  
**Rosemary Potatoes**  
**Dice Carrots**  
**Asparagus**  
**Orange Juice**  
**Banana Cream Pie**

**11**  
**Roasted Turkey**  
**w/ Gravy Sauce**  
**Corn Bread Cranberry Stuffing**  
**Sweet Potatoes**  
**Asparagus**  
**Apple Juice**  
**Apple Chip**

**18**  
**Hot Opened Face**  
**Turkey Sandwich**  
**with Gravy, Spinach, Corn**  
**Apple Juice**  
**Apple**  
**Peach Cobbler**

**25**  
**Meatloaf with Gravy**  
**Mashed Potatoes**  
**Diced Beefs**  
**Spinach**  
**Plums**

**5**  
**Hot Beef Tacos**  
**with Lettuce, Cheese, Sour Cream,**  
**Mexican Rice & Beans**  
**Broccoli**  
**Orange Juice**  
**Apple**  
**Tres Leches Cake**  
**CHICKEN SALAD**

**12**  
**Shrimp Stir Fry**  
**Rice Pilaf**  
**Broccoli, Carrots**  
**L/S V-8 Juice**  
**Bread Pudding**

**19**  
**Cod Fish & French**  
**Fries**  
**Okra & Stewed**  
**Tomatoes**  
**String Beans**  
**Diced Mangos**

**26**  
**Chicken Marinated Chunks**  
**with Peppers/Onions**  
**on Roll**  
**Tomatoes with Mozzarella**  
**Apple L/S V-8 Juice**

**6**  
**Sub for Week**  
**Chicken Cordon**  
**Bleu**

**13**

**20**  
**Armed**  
**Forces**  
**Day**

**27**

SOUTHOLD TOWN SENIOR SERVICES  
760 PACIFIC ST. MATTITUCK - 631-298-4460  
KAREN McLAUGHLIN, DIRECTOR  
JACQUELINE MARTINEZ, SR CITIZEN CNTR MGR



# May 2017



## MAY IS NATIONAL OLDER AMERICANS MONTH



| Sunday | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday |
|--------|--|---|---|--|---|----------|
| 7      | 1<br>1:00 p.m.<br>Monday<br>Matinee                | 2<br>10:45 a.m.<br>Tea Time<br>Tuesday  | 3<br>9:00 a.m. Caseworker<br>Stella<br>10:00 a.m. Arts &<br>Crafts<br>1:00 p.m. Grocery<br>Shopping               | 4<br>9:00 a.m. Caseworker<br>Phyllis<br>2:00 p.m. Bereavement<br>Group                           | 5<br>11:00 a.m. Senior<br>Wellness Series<br>"Respiratory Allergies"<br>with Guest Speaker James<br>M. Rublin, M.D.<br>1:00 p.m. Trip to K-Mart | 6        |
| 14     | 8<br>1:00 p.m.<br>Monday<br>Matinee                | 9<br>10:45 a.m.<br>Tea Time<br>Tuesday  | 10<br>9:00 a.m. Case worker<br>Stella<br>10:00 a.m. Arts &<br>Crafts<br>1:00 p.m. Grocery<br>Shopping             | 11<br>9:00 a.m. Caseworker<br>Phyllis<br>2:00 p.m. Bereavement<br>Group<br>1:00 p.m. Trip to DSW | 12<br>11:00 a.m. Rekl Circle<br>1:30 p.m. An Afternoon<br>of JAZZ with Toby<br>Altman @ Riverhead<br>Library                                    | 13       |
| 21     | 15<br>1:00 p.m.<br>Monday<br>Matinee               | 16<br>9:30 SCOPA Senior<br>Celebration Luncheon @<br>Villa Lombardi<br>10:45 a.m. Tea Time<br>Tuesday<br>11:45 Caregivers<br>Luncheon | 17<br>9:00 a.m. Case worker<br>Stella<br>10:00 a.m. Arts &<br>Crafts<br>1:00 p.m. Grocery<br>Shopping Stop & Shop | 18<br>9:00 a.m. Caseworker<br>Phyllis<br>2:00 p.m. Bereavement<br>Group                          | 19<br>4:00 p.m. - 7:00 p.m.<br>Twilight Dinner with<br>"Johnny the Oldies<br>Sluger"<br>Must Reserve Your<br>Seat in Advance                    | 20       |
| 28     | 22<br>1:00 p.m.<br>Monday<br>Matinee               | 23<br>10:45 a.m.<br>Tea Time<br>Tuesday   | 24<br>9:00 a.m. Caseworker<br>Stella<br>10:00 a.m. Arts &<br>Crafts<br>1:00 p.m. Grocery<br>Shopping              | 25<br>9:00 a.m. Case<br>worker Phyllis<br>Bereavement<br>Group                                   | 26<br>11:00 a.m. Show & Tell<br>Share Your Favorite Item<br>or Story<br>1:00 p.m. Trip to Kohls   | 27       |
|        | 29<br>HOLIDAY<br>MEMORIA DAY<br>BUILDING<br>CLOSED | 30<br>10:45 a.m.<br>Tea Time<br>Tuesday   | 31<br>9:00 a.m. Caseworker<br>Stella<br>10:00 a.m. Art & Crafts<br>1:00 p.m. Grocery<br>Shopping                  |  |   |          |

SOUTHOLD TOWN SENIOR SERVICES  
750 PACIFIC ST. MATTITUCK - 631-298-4460  
KAREN McLAUGHLIN, DIRECTOR  
JACQUELINE MARTINEZ, SR CITIZEN CNTR MGR  
Blood Pressure Clinic May 4th