



**METRO Parrot Head Club  
cordially invites you and your family to the**

**Long Island Ducks  
Baseball Game**

**SUNDAY, JUNE 23rd**

**\$12 TICKETS | STARTS AT 1:35 PM | FREE PARKING  
3 Court House Drive, Central Islip, NY 11722**

**Checks payable to Metro PHC and mail to Linda Masten  
9 Supreme Court, Smithtown, NY 11787 by MAY 17th**

**Contact info: [mypal2@hotmail.com](mailto:mypal2@hotmail.com) or 631 965-9280**

# Join The Attack !

**Metro Parrot Head Club Presents  
Laid Back Attack  
Recreational Beach Volleyball  
At Cedar Beach  
Thurs, 6PM starting 5/23**  
<https://longislandvolleyball.com/>



## Laid Back Attack



**Metro Parrot Head Club**

**Live Music !  
<http://saltshackny.com/events/>  
Free Parking !**

**Contact [MrBosco@gmail.com](mailto:MrBosco@gmail.com) for  
details**

**Team shirts available soon**