



NASSAU COUNTY EXECUTIVE
EDWARD P. MANGANO

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P R E S S R E L E A S E

For Immediate Release: September 9, 2015
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MANGANO ANNOUNCES OCTOBER 2015 ACTIVITIES FOR COUNTY'S SENIOR CENTERS

Mineola, NY – Nassau County Executive Edward P. Mangano invites residents to enjoy the many activities that are scheduled to take place during October 2015 at Nassau County-funded senior centers throughout the area. Additional information and reservations are available by calling the telephone number listed for the Senior Center where the activity is being held.

FRANKLIN SQUARE SENIOR COMMUNITY SERVICE CENTER

Wesley United Methodist Church
619 Fenworth Boulevard, Franklin Square (516) 481-3322

Date: Thursdays, October 1, 8, 15, 22, 29
Time: 10:00 a.m.
Program: Dancing
Presenter: Merrie Melodies Band

Date: Wednesdays & Thursdays, October 1, 7, 8, 14, 15, 21, 22, 28, 29
Time: 1:00 p.m.
Program: Arthritis Foundation Exercise Program
Presenter: Barrie Miller, EAC

Funded by the Nassau County Office for the Aging

Date: Tuesday, October 13
Time: 10:00 a.m. – 2:00 p.m.
Program: St. Francis Hospital Mobile Health Screening Unit
Presenter: St. Francis Hospital

FREEPORT SENIOR COMMUNITY SERVICE CENTER

Salvation Army
66 Church Street, Freeport (516) 623-2008

Date: Fridays, October 2, 9, 16, 23, 30
Time: 1:00 p.m.
Program: Senior Fitness
Presenter: Isabel Tiffen

Funded by the Nassau County Office for the Aging

Date: Tuesday, October 13
Time: 11:30 a.m.
Program: Let's Salsa
Presenter: Tony Grant
Special Instructions: Reservation required

Date: Tuesday, October 27
Time: 11:30 a.m.
Program: Harvest Dance
Presenter: Bay City Ramblers
Special Instructions: Reservation required

GLEN COVE SENIOR COMMUNITY SERVICE CENTER

130 Glen Street, Glen Cove (516) 759-9610

Date: Friday, October 9
Time: 12:00 noon
Program: Italian Day Celebration Lunch
Presenter: Music by Randy and Naomi Zeitlin, starts at 12:45 p.m.

Date: Tuesday, October 20
Time: 1:00 p.m.
Program: L.I. Woman Suffrage Association Presentation
Presenter: Antonia Petrash

Date: Wednesday, October 28
Time: 1:30 p.m.
Program: Lifelong Learning: Cary Grant, Prince of Hollywood
Presenter: Marilyn Carminio, Lecturer

GREAT NECK SENIOR COMMUNITY SERVICE CENTER

80 Grace Avenue, Great Neck (516) 487-0025

Date: Friday, October 9
Time: 12:00 noon
Program: Columbus Day Lunch
Special Instructions: Please call for information
Funded by the Nassau County Office for the Aging

Date: Friday, October 9
Time: 2:00 p.m.
Program: Veterans Social Club Meeting
Presenter: Melvin Sachs

Date: Friday, October 30
Time: 12:00 noon
Program: Halloween Lunch
Special Instructions: Please call for information
Funded by the Nassau County Office for the Aging

HEMPSTEAD SENIOR COMMUNITY SERVICE CENTER

United Methodist Church

40 Washington Street, Hempstead (516) 565-1568

Date: Thursdays, October 1, 8, 15, 22, 29
Time: 11:00 a.m.
Program: Arthritis Exercise
Presenter: Victoria Smith

Date: Fridays, October 2, 9, 16, 23, 30
Time: 11:00 a.m.
Program: Wise Workout
Presenter: Cynthia Johnson

Date: Mondays, October 5, 12, 19, 26
Time: 11:00 a.m.
Program: Tai-Chi
Presenter: John Briscoe

Date: Mondays, October 5, 19
Time: 1:00 p.m.
Program: Arts & Crafts
Presenter: Carol Jensen

Date: Tuesdays, October 6, 13, 20, 27
Time: 11:00 a.m.
Program: Yoga
Presenter: Connie McKnight

Date: Fridays, October 9, 23
Time: 1:00 p.m.
Program: Choir Lessons
Presenter: Ebony Alexander

Date: Monday, October 12, 26
Time: 1:00 p.m.
Program: Arthritis Exercise
Presenter: Victoria Smith

All Programs Funded by the Nassau County Office for the Aging

HERRICKS SENIOR COMMUNITY SERVICE CENTER

Herricks Community Center

999 Herricks Road, New Hyde Park (516) 305-8976

Date: Mondays, October 5, 19, 26
Time: 10:00 a.m.
Program: Line Dancing
Presenter: Rose Malinconico
Special Instructions: Call in Advance

Date: Tuesday, October 6
Time: 10:00 – 12:00 noon
Program: Medicare Forum/Flu Shots
Presenter: Kathleen Foster, Nassau County Office for the Aging
Special Instructions: Call in Advance

Date: Tuesdays, October 6, 13, 20, 27
Time: 12:30 p.m.
Program: Ceramics
Presenter: Valerie Moreno
Special Instructions: Call in Advance

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INWOOD SENIOR COMMUNITY SERVICE CENTER

Five Towns Community Center
270 Lawrence Avenue, Lawrence (516) 239-6244

Date: Mondays, October 5, 12, 19, 26
Time: 1:00 p.m. – 2:00 p.m.
Program: Arthritis Foundation Exercise
Presenter: Anne Moffat

Funded by the Nassau County Office for the Aging

Date: Thursday, October 8
Time: 12:00 noon – 2:00 p.m.
Program: Birthday Luncheon
Presenter: Charles Castorina, Entertainment provided by Town of Hempstead

Date: Thursday, October 15
Time: 1:00 p.m. – 2:00 p.m.
Program: Jokercise (Exercise and Seminar)
Presenter: Howard Newman and Visiting Nurse Services

JASA – LONG BEACH SENIOR COMMUNITY SERVICE CENTER

75 East Walnut St., Long Beach (516) 432-5555

Date: Wednesday, October 14
Time: 1:00 p.m. – 2:30 p.m.
Program: Trip to the Long Beach Farmer's Market
Presenter: JASA Long Beach Senior Center

Funded by the Nassau County Office for the Aging

Date: Tuesday, October 27
Time: 10:15 a.m. - 11:15 a.m.
Program: Breast Cancer Awareness
Presenter: Eileen Pillitteri, Maurer Foundation

Date: Wednesday, October 28
Time: 10:00 a.m. – 11:00 a.m.
Program: Falls Prevention
Presenter: Students from Molloy College with Gerri Moore, RN

JASA – NORTH MERRICK SCSC AT THE JEWEL QUINN SENIOR CENTER

Brookside School

1260 Meadowbrook Road, North Merrick (516) 571-8675

Date: Thursday, October 1
Time: 11:00 a.m.
Program: Healthier Protein Choices
Presenter: Janet Murano, Cornell Cooperative Extension of Nassau County

Funded by the Nassau County Office for the Aging

Date: Thursday, October 8
Time: 11:00 a.m.
Program: Medicare and the Upcoming Changes in 2016
Presenter: Gail Siemer, Senior Services of North America

Date: Thursday, October 22
Time: 10:00 a.m. – 12:00 noon
Program: Hearing Screenings
Presenter: Long Island Audiology Consortium, Student Academy of Audiology

MASSAPEQUA PARK SENIOR COMMUNITY SERVICE CENTER

Our Lady of Lourdes School

379 Linden Street, Massapequa Park (516) 797-5357

Date: Thursdays, October 1, 8, 15, 22, 29
Time: 10:30 a.m. – 12:00 noon
Program: Art
Presenter: Melanie Wolff

Date: Thursdays, October 1, 8, 15, 22, 29
Time: 1:00 p.m. – 2:30 p.m.
Program: Sculpture
Presenter: Veronica Smith

Date: Wednesdays, October 7, 14, 21, 28
Time: 1:00 p.m. - 2:00 p.m.
Program: Zumba Gold
Presenter: Janet Spiro

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OCEANSIDE SENIOR COMMUNITY SERVICE CENTER

St. Anthony's School

80 Anchor Avenue, Oceanside (516) 764-9792

Date: Thursdays, October 1, 8, 15, 22, 29
Time: 11:00 a.m.
Program: Arthritis Foundation Exercise
Presenter: Barrie Miller

Date: Thursdays, October 1, 8, 15, 22, 29
Time: 12:45 p.m.
Program: Zumba
Presenter: Barbara Fabrizio

Date: Fridays, October 2, 9, 23, 30
Time: 10:30 a.m.
Program: Chi Gong
Presenter: Anne Eidelman

Date: Mondays, October 5, 12, 19, 26
Time: 11:00 a.m.
Program: Arthritis Foundation Exercise
Presenter: Barrie Miller

Date: Mondays, October 5, 12, 19, 26
Time: 12:45 p.m.
Program: Tai Chi
Presenter: John Briscoe

Date: Tuesdays, October 6, 13, 20, 27
Time: 10:45 a.m.
Program: Dancercise
Presenter: Marie Saccheri

Date: Wednesdays, October 7, 14, 21, 28
Time: 11:00 a.m.
Program: Yoga
Presenter: Mary Mazzone

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LIFE ENRICHMENT CENTER AT OYSTER BAY SENIOR COMMUNITY SERVICE CENTER
45 East Main Street, Oyster Bay (516) 922-1770

Date: Thursday, October 1
Time: 10:00 a.m. – 2:00 p.m.
Program: I.D. Cards & Yellow Dot Program
Presenter: N.Y.S. Assemblyman Michael Montesano

Date: Thursday, October 1, 8, 15, 22, 29
Time: 10:30 a.m.
Program: Dance-A-Chair
Presenter: Carol Rodriguez

Funded by the Nassau County Office for the Aging

Date: Friday, October 2, 9, 16, 23, 30
Time: 1:15 p.m.
Program: Ballroom Dancing
Presenter: Vladimir Velve

Date: Tuesdays, October 6, 13, 20, 27
Time: 10:15 a.m.
Program: Strength Training
Presenter: Judi Pullman
Funded by the Nassau County Office for the Aging

Date: Wednesday, October 7
Time: 10:30 a.m. – 2:00 p.m.
Program: Flu Clinic
Presenter: Rite-Aid Pharmacy
Special Instructions: Call Program Office

Date: Monday, October 19
Time: 11:15 a.m.
Program: Nutrition – Healthier Protein Choices
Presenter: Kathy Emmit, Cornell Cooperative
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PORT WASHINGTON SENIOR COMMUNITY SERVICE CENTER

St. Stephen's Church

9 Carlton Avenue, Port Washington (516) 944-9654/55

Date: Thursdays, October 1, 8, 15, 22, 29
Time: 11:00 a.m.
Program: Tai Chi
Presenter: John Briscoe

Date: Mondays, October 5, 19
Time: 10:45 a.m.
Program: Move to Music - Exercise
Presenter: Suzanne Meyerson

Date: Tuesdays, October 6, 20
Time: 10:15 a.m.
Program: Reverse Glass Painting
Presenter: Eileen Joseph

Date: Tuesdays, October 6, 13, 20, 27
Time: 10:45 a.m.
Program: Gentle Stretching & Light Weights
Presenter: Suzanne Meyerson

Date: Tuesdays, October 6, 20
Time: 12:30 p.m.
Program: 3D Decoupage
Presenter: Eileen Joseph

Date: Wednesdays, October 7, 14, 21, 28
Time: 10:45 a.m.
Program: Chair Yoga
Presenter: Pattie Mitchell

Date: Fridays, October 9, 16, 23, 30
Time: 11:00 a.m.
Program: Zumba
Presenter: Janet Spiro

Date: Mondays, October 12, 26
Time: 11:00 a.m.
Program: Movin' n Doin' - Exercise
Presenter: Connie McKnight

Date: Fridays, October 16, 23, 30
Time: 1:00 p.m.
Program: Weight Workout
Presenter: Pattie Mitchell

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