

October




Activities

Nassau County Office for the Aging

Location **Port Washington Senior Community Service Center**

9 Carlton Ave Port Washington, NY 516-944-9654

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Decorate center 1 9:30 Social Hour Cards, Wii, Games 11:00 Sign Language Class 12:00 Lunch and Announcements 12:30 Current Events 1:00 Zumba with Daryl	9:30 Social Hour 2 Cards, Wii, Games 9:30 Health Assessments with Pat Depeatris RN 10:45 Aerobics with Victoria 12:00 Lunch and Announcements 1:00 Birthday Party	Breakfast and Rottcamp Farms Trip 3 9:30 Social Hour Cards, Wii, Games Group Puzzle 10:30 Rottcamp farms 12:00 Lunch and Announcements 12:30 Group Puzzle 1:00 Tai Chi & Core workout with Maria	9:30 Social Hour Cards, 4 10:00 Current Events 11:15 Zumba w/ Darryl 12:15 Lunch and Announcements 1:00 Shopping Nutrition Education Handout Distribution
Manicure Monday 7 9:30 Social Hour Cards, Wii, Games 10:00 Site counsel mtg 10:45 Move to Music w/ Suzanne 12:00 Lunch and Announcements 12:30 Manicures	9:30 Social Hour 8 Cards, Wii, Games 11:00 Intergenerational Sign Language Class 12:00 Lunch and Announcements 12:30 Current Events 1:00 Zumba with Daryl	9:30 Social Hour 9 Cards, Wii, Games 10:45 Aerobics with Victoria 12:00 Lunch and Announcements 1:00 Dollar store trip	9:30 Social Hour 10 Cards, Wii, Games Group Puzzle 11:00 Crafts 12:00 Lunch and Announcements 12:30 Group Puzzle 1:00 Tai Chi & Core workout with Maria	9:30 Social Hour Cards, 11 10:00 Shopping 11:15 Zumba w/ Darryl 12:15 Lunch and Announcements 12:30 Free Jewelry class 1:00 Shopping
Center Closed for Columbus Day 14	9:30 Social Hour 15 Cards, Wii, Games 11:00 Sign Language Class 12:00 Lunch and Announcements 12:30 Current Events 1:00 Zumba with Daryl	9:30 Social Hour 16 Cards, Wii, Games 10:00 Group Discussions 10:45 Aerobics with Victoria 12:00 Lunch 1:00 Make wreaths with Joanne	9:30 Social Hour 17 Cards, Wii, Games Group Puzzle 11:00 Current events 12:00 Lunch and Announcements 12:30 Group Puzzle 1:00 Tai Chi & Core workout with Maria	9:00 Breakfast - guest speaker 18 9:30 Mental Health Awareness Month Seniors and Depression, - Northwell 11:15 Zumba w/ Darryl 12:15 Lunch and Announcements 12:30 Cornell Nutrition 1:00 Shopping
9:30 Social Hour 21 Cards, Wii, Games 10:45 Move to Music w/ Suzanne 12:00 Lunch and Announcements 1:00 Bingo	9:30 Social Hour 22 Cards, Wii, Games 11:00 Sign Language Class 12:00 Lunch and Announcements 12:30 Current Events 1:00 Zumba with Daryl	9:30 Social Hour 23 Cards, Wii, Games 10:00 Current events 10:45 Aerobics with Victoria 12:00 Lunch and Announcements 1:00 Trip to Michaels	Movie Day 24 9:30 Social Hour Cards, Wii, Games Group Puzzle 11:00 Movie" Yesterday" & Popcorn 12:00 Lunch and Announcements 12:30 Group Puzzle 1:00 Tai Chi & Core workout with Maria	9:30 Social Hour, 25 10:00 Fall craft fun table 11:00 Zumba w/ Darryl 12:00 Lunch and Announcements  <div>  <div>costume contest</div> </div>
9:30 Social Hour 28 Cards, Wii, Games 10:45 Move to Music w/ Suzanne 12:00 Lunch and Announcements 1:00 Bingo	Cradle of Aviation MOVIE TRIP 29 9:30 Social Hour Cards, Wii, Games 11:00 Volcano Movie IMAX 12:00 Lunch and Announcements 	9:30 Social Hour 30 Cards, Wii, Games 10:45 Aerobics with Victoria 12:00 Lunch and Announcements 12:30 Trip to Rottkamp farms	9:30 Social Hour 31 Cards, Wii, Games Group Puzzle 11:00 Bingo 12:00 Lunch and Announcements 12:30 Group Puzzle 1:00 Tai Chi & Core workout with Maria	