





May Activities

Location: Bethel Lunch Program 420 N. Main St, Freeport

Nassau County Office for the Aging

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
		1	 Chair Exercise 1PM – 2PM	 3
6	7 AFEP- 11AM – 12 Noon (arthritis foundation exercise program)	8	9 Chair Exercise 1PM – 2PM	10
13	14 AFEP- 11AM- 12 Noon (arthritis foundation exercise program)	15	16 Chair Exercise 1PM – 2PM	17
20	21 AFEP – 11AM – 12 Noon (arthritis foundation exercise program)	22	23 Chair Exercise 1PM – 2PM	24
27	28 AFEP – 11AM – 12 Noon (arthritis foundation exercise program) Health Assessment-Nurse Every 4 th Tuesday- 10:00 – 12 noon	29	30 Chair Exercise 1PM – 2PM	31

