



MAY 2019 ACTIVITIES

Franklin Square Senior Community Service Center
(Sponsored by Catholic Charities)
619 FENWORTH BLVD, FRANKLN SQUARE, NY, 11010
(516) 481-3322

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
		9:15-11 Coffee time 1 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 10:30 Nurse Carol 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 2 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 3 10:30 BINGO 12:00 Lunch 1:00 Site Council Meeting 1:00 Cards/games/socialize/music 1:00 Chair Yoga SHOPPING
9:15-11 Coffee time 6 10:00 MOVIE 12:00 Lunch 1:00 Line Dancing 1:00 Cards/games/socialize/music	9:15-11 Coffee time 7 10:30 BINGO 10-11 SILVER NOTES 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 Trip to Walgreens 1:00 CHAIR YOGA	9:15-11 Coffee time 8 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 9 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 10 10:30 BINGO 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 Chair Yoga 1:00 Silver Notes Concert Mother's Day Party
9:15-11 Coffee time 13 10:00 MOVIE 12:00 Lunch 1:00 Line Dancing 1:00 Cards/games/socialize/music 1:00 Trip to Duck Pond	9:15-11 Coffee time 14 10:30 BINGO 10-11 SILVER NOTES 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 CHAIR YOGA	9:15-11 Coffee time 15 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 16 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 17 10:30 BINGO 10:30 Nurse Carol 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 Chair Yoga SHOPPING
9:15-11 Coffee time 20 10:00 MOVIE 12:00 Lunch 1:00 Line Dancing 1:00 Nutrition with Cornell: Food Safety Bingo 1:00 Cards/games/socialize/music	9:15-11 Coffee time 21 10:30 BINGO 10-11 SILVER NOTES 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 CHAIR YOGA	9:15-11 Coffee time 22 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 23 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 24 10:30 BINGO 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 Chair Yoga Memorial Day Party
MEMORIAL DAY CENTER CLOSED 27	9:15-11 Coffee time 28 10:30 BINGO 10-11 SILVER NOTES 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 CHAIR YOGA	9:15-11 Coffee time 29 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 30 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 AFEP (Arthritis Prevention Exercise)	9:15-11 Coffee time 31 10:30 BINGO 12:00 Lunch 1:00 Cards/games/socialize/music 1:00 Chair Yoga BIRTHDAY CELEBRATION