

May Activities

Location Freeport SCSC 66Church St., Freeport, NY 11520 516-623-2008

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 Enjoy Dominos, Cards, Crochet, Socialize, 10:15 Beachball Volley 11:30-12:30 <i>Strength with Samantha Perry Jurek</i> 1:15 Creative Coloring, Socialize	2 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 10:00 – 11:00 <i>Movement W/Music w/ Naomi Robles</i> 11:00 <i>GAME TIME W/ WADE</i> 1:00 Piano Time w/ Bob	3 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 9:30 - 10:30 <i>Yoga W/ Sandye Pinz</i> 11:00 – 12:20 Bingo for Prizes
6 Enjoy Dominos, Cards, Crochet Creative Coloring, Socialize 11:00 -12:00 <i>Exercise Program W/ Anne Moffat</i> 12:00 Piano Time w/ Bob 1:15 Cards, Dominos, Board Games	7 Enjoy Dominos, Cards, Crochet, Creative Coloring or Socialize 11:30-2:45 MOTHER'S DAY DANCE WITH DJ BOB	8 Enjoy Dominos, Cards, Crochet 10:15 <i>Mother's Day Tea for the Ladies</i> 10:30 <i>GAME TIME W/ WADE</i> 11:30-12:30 <i>Strength with Samantha Perry Jurek</i>	9 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 10:00 – 11:00 <i>Movement W/Music w/ Naomi Robles</i> 11:15 <i>SURPRISE BINGO</i> 1:00 Piano Time w/ Bob 1:00 <i>Nutrition Ed w/ Robyn FOOD SAFETY BINGO</i>	10 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 9:30 - 10:30 <i>Yoga W/ Sandye Pinz</i> 12:00 BALDWINAIRES SHOW TIME 1:00 LUNCH IS SERVED
13 Enjoy Dominos, Cards, Crochet Creative Coloring, Socialize 11:00 -12:00 <i>Exercise Program W/ Anne Moffat</i> 12:00 Piano Time w/ Bob 1:15 Cards, Dominos, Board Games	14 Enjoy Dominos, Cards, Crochet Creative Coloring or Socialize 10:15 <i>MOVIE</i> 1:15 <i>SENIOR VOLLEYBALL</i>	15 Enjoy Dominos, Cards, Crochet, Socialize 11:30-12:30 <i>Strength with Samantha Perry Jurek</i> 1:15 Creative Coloring, Socialize	16 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 10:00 – 11:00 <i>Movement W/Music w/ Naomi Robles</i> 11:00 <i>GAME TIME W/ WADE</i> 1:00 Piano Time w/ Bob	17 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 9:30 - 10:30 <i>Yoga W/ Sandye Pinz</i> 11:00 – 12:20 Bingo for Prizes
20 Enjoy Dominos, Cards, Crochet Creative Coloring, Socialize 10:00 <i>Health Assessment w/ Pat</i> 11:00 -12:00 <i>Exercise Program</i> 12:00 Piano Time w/ Bob 1:15 Cards, Dominos Board Games	21 Enjoy Dominos, Cards, Crochet, Creative Coloring or Socialize 11:30-2:45 MEMORIAL DAY DANCE ENTERTAINMENT BY TONY GRANT	22 Enjoy Dominos, Cards, Socialize 10:15 Creative Coloring or Watercolor Painting 11:30-12:30 <i>Strength with Samantha Perry Jurek</i>	23 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 10:00 – 11:00 <i>Movement W/Music w/ Naomi Robles</i> 11:15 <i>MEMORIAL DAY TRIVIA WITH ED</i> 1:00 Piano Time w/ Bob	24 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 9:30 - 10:30 <i>Yoga W/ Sandye Pinz</i> 11:00 – 12:20 Bingo for Prizes
27 CENTER CLOSED MEMORIAL DAY OBSERVED	28 Enjoy Dominos, Cards, Crochet Creative Coloring or Socialize 10:15 <i>SHOP WALMART MUST RESERVE</i> 11:00 <i>GAME TIME W/ WADE</i>	29 Enjoy Dominos, Cards, Crochet, Socialize 11:30-12:30 <i>Strength with Samantha Perry Jurek</i> 1:15 Creative Coloring, Socialize	30 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 10:00 – 11:00 <i>Movement W/Music w/ Naomi Robles</i> 11:00 <i>JOIN VENERA FOR SOME FUN AND EXERCISE BELLY DANCING</i> 1:00 Piano Time w/ Bob	31 Enjoy Dominos, Cards, Crochet, Creative Coloring, Socialize 9:30 - 10:30 <i>Yoga W/ Sandye Pinz</i> 11:00 – 12:20 Bingo for Prizes