

May Activities

Nassau County Office for the Aging

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

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 <i>MOTHER'S DAY DANCE WITH DJ BOB</i>	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 <i>BALDWINAIRES SHOW TIME</i> 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 <i>MEMORIAL DAY DANCE ENTERTAINMENT BY TONY GRANT</i>	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 <i>CENTER CLOSED MEMORIAL DAY OBSERVED</i>	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 EXERCIE 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