

June Activities **516-565-1568**

Location: **HEMPSTEAD SENIOR COMMUNITY SERVICE CENTER**

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
3 10:00 Social Hour Cards & Games 10:00 Nutrition Ed Handout 11:00 Tai Chi w/ John Briscoe 12:00 Lunch 1:00 Line Dancing w/ Victoria Smith	4 <u>NCOFA SHOWING OF COCOON AT THE BELLMORE THEATRE</u> <u>EARLY PICK-UP</u> 10:00 SPECIAL SHOWING OF COCOON 1:00 LUNCH	5 <u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 Zumba w/ Janet 12:00 LUNCH 12:30 Buses leave for GALA FOODS 10% OFF / Freeport	6 <u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 Arthritis Exercise w/Victoria Smith 12:00 LUNCH 12:30 Buses Leave For BARNES & NOBLE	7 <u>TRIP TO FREEPORT</u> 10:00 Social Hour Cards & Games 10:00 Color Art 10:45 Wise Workout w/ Cynthia Johnson 12:00 LUNCH 12:45 BUY FISH IN FREEPORT
10 <u>OLGA'S SPANISH CLASS</u> 10:00 Social Hour Cards & Games 10:00 Color Art 11:00 Tai Chi w/ John Briscoe 12:00 Lunch 1:00 Olga's Spanish Class	11 <u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 Yoga w/ Connie McKnight 12:00 Lunch 12:30 Buses Leave for WALMART	12 <u>GUEST SPEAKER</u> 10:00 Social Hour Cards & Games 10:00 Color Art 11:00 Zumba w/ Janet 12:00 LUNCH 1:00 Cornell: Make Better Beverage Choices	13 <u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 Arthritis Exercise w/Victoria Smith 12:00 LUNCH 12:30 Buses Leave for: TARGET	14 <u>FATHER'S DAY CELEBRATION</u> 10:00 Social Hour Cards & Games 10:00 Color Art 10:45 Wise Workout w/ Cynthia Johnson 12:00 LUNCH 12:30 ARTS & CRAFTS w/Olga
17 <u>GUEST SPEAKER</u> 10:00 Social Hour Cards & Games 10:00 Health Assessment w/ MaryEllen 11:00 Tai Chi w/ John Briscoe 12:00 Lunch 1:00 ARTHRITIS TREATMENT/Christine Stamatos – Northwell Health	18 <u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 Yoga w/ Connie McKnight 12:00 Lunch 12:30 Buses Leave for BIG LOTS	19 <u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 Zumba w/ Janet 12:00 LUNCH 12:30 Buses leave for GALA FOODS 10% OFF / Freeport	20 <u>OLGA'S SPANISH CLASS</u> 10:00 Social Hour Cards & Games 10:30 Color Art 11:00 Arthritis Exercise w/Victoria Smith 12:00 LUNCH 1:00 Olga's Spanish Class	21 <u>WESTBURY GARDENS</u> <u>ALL DAY EVENT</u> <u>COLD LUNCH SERVED</u> <u>SIGN UP EARLY \$9.00</u>
24 10:00 Social Hour Cards & Games 10:00 Color Art 11:00 Tai Chi w/ John Briscoe 12:00 Lunch 12:30 Site Council Meeting 1:00 Line Dancing w/ Victoria Smith	25 <u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 Yoga w/ Connie McKnight 12:00 Lunch 12:30 Buses Leave for TRADER JOE'S	26 SUMMER BEACH PROGRAM BEGINS @ LIDO BEACH TOWN PARK RESERVATIONS NEEDED. BUS LEAVES AT 9:45 A.M. 	27 <u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 Arthritis Exercise w/Victoria Smith 12:00 LUNCH 12:30 Buses leave for DOLLAR STORE	28 SUMMER BEACH PROGRAM LIDO BEACH TOWN PARK RESERVATIONS NEEDED. BUS LEAVES AT 9:45 A.M. 
	Fresh Fruit & Vegetable Month 	NATIONAL STRAWBERRY MONTH 	WEAR SOMETHING PINK FOR NATIONAL PINK DAY ON JUNE 24TH	