




## June

**Location: 420 N. Main St, Freeport 11520**

**516-379-1503**

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

***Nassau County Office for the Aging***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 AFEP (arthritis foundation exercise program)- 11AM – 12 noon 	5	6 Chair Exercise 1PM – 2PM 	7
10	11 AFEP (arthritis foundation exercise program)- 11AM – 12 noon	12	13 Chair Exercise 1PM – 2PM	14
17	18 AFEP (arthritis foundation exercise program)- 11AM – 12 noon	19	20 Chair Exercise 1PM – 2PM	21
24 Nurse every 4 <sup>th</sup> Tuesday 10am-12 noon >>>>>>>>>>>>>>>>>>>>>>>>>>>>	25 AFEP (arthritis foundation exercise program)- 11AM – 12 noon 	26	27 Chair Exercise 1PM – 2PM	28

July      Activities

Location \_\_\_\_\_

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	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

August

Activities

Location \_\_\_\_\_

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	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September

Activities

Nassau County Office for the Aging

Location \_\_\_\_\_

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
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October

Activities

Nassau County Office for the Aging

Location \_\_\_\_\_

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	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November

Activities

Location\_\_\_\_\_

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
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

December

Location\_\_\_\_\_

Activities

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
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			