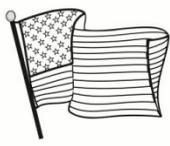


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 Line Dance – Gym 3</p> <p>10:00 Mah Jongg, Cards</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch</p> <p>1:00 Stretch & Flex –Gym</p> <p>1:00 Bridge, Cards, Games</p>	<p>10:00 Exercise - Gym, Blood Pressure 4</p> <p>10:00 Cards, Games</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch <i>12:15 ASIAN CLUB Performs</i></p> <p>12:30-2:30 Ceramic/Paint/Color-Shp II</p> <p>1:00 Yoga, Bingo, Cards</p>	<p>5</p> <p>Program Closed.</p>	<p>6</p> <p>Program Closed.</p>	<p>7</p> <p>10:00 Cards, Bridge, Games</p> <p>10:30 NO Gentle Yoga with Dhara</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch</p> <p>1:00 Pickleball - Gym</p> <p>1:00 Tai Chi Rm. 113, Cards & Games</p>
<p>10</p> <p>10:00 Line Dance - Gym</p> <p>10:00 Mah Jongg, Cards</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch</p> <p>1:00 Stretch & Flex –Gym</p> <p>1:00 Bridge, Cards, Games</p>	<p>11</p> <p>10:00 Exercise - Gym, Blood Pressure</p> <p>10:00 Cards, Games</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch <i>12:15 PET THERAPY</i></p> <p>12:30-2:30 Ceramic/Paint/Color-Shp II</p> <p>1:00 Yoga, Bingo, Cards</p>	<p>12</p> <p>Program Closed.</p>	<p>13</p> <p>Program Closed.</p>	<p>14</p> <p>10:00 Cards, Bridge, Games</p> <p>10:30 NO Gentle Yoga with Dhara</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch</p> <p>1:00 Pickleball - Gym</p> <p>1:00 Tai Chi Rm. 113, Cards & Games</p>
<p>17</p> <p>10:00 Line Dance - Gym</p> <p>10:00 Mah Jongg, Cards</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch</p> <p>1:00 Stretch & Flex –Gym</p> <p>1:00 Bridge, Cards, Games</p>	<p>18</p> <p>10:00 Exercise - Gym, Blood Pressure</p> <p>10:00 Cards, Games</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch <i>/BIRTHDAYS</i></p> <p>12:30-2:30 Ceramic/Paint/Color-Shp II</p> <p>1:00 Yoga, Bingo, Cards</p>	<p>19</p> <p>Program Closed.</p>	<p>20</p> <p>Program Closed.</p>	<p>21</p> <p><i>Summer Solstice!</i></p> <p>10:00 Cards, Bridge, Games</p> <p>10:30 Gentle Yoga with Dhara</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch</p> <p>1:00 Pickleball - Gym</p> <p>1:00 Tai Chi Rm. 113, Cards & Games</p>
<p>24</p> <p>MEETING IN RM. 113</p> <p>10:00 NO Line Dance</p> <p>10:00 Mah Jongg, Cards</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch</p> <p>1:00 Stretch & Flex –Gym Bridge, Cards</p>	<p>25</p> <p>MEETING IN RM. 114</p> <p>10:00 Exercise - Gym, Blood Pressure</p> <p>10:00 Cards, Games 11:00 Walk Well</p> <p>11:45 Lunch</p> <p>12:30-2:30 Ceramic/Paint/Color-Shp II</p> <p>1:00 Yoga, Bingo, Cards</p>	<p>26</p> <p>Program Closed.</p>	<p>27</p> <p>Program Closed.</p>	<p>28</p> <p>10:00 Cards, Bridge, Games</p> <p>10:30 Gentle Yoga with Dhara</p> <p>11:00 Walk Well <i>11:30 Lois on piano</i></p> <p>11:45 Lunch</p> <p>1:00 Pickleball - Gym</p> <p>1:00 Tai Chi Rm. 113, Cards & Games</p>
<p>We provide transportation from Albertson, East Williston, Williston Park, Garden City Park, Mineola, New Hyde Park and Searingtown. Suggested donation for round trip transportation is \$2.00. Your donation can be placed in box next to sign in sheet.</p>	<p>We are non-denominational, open to Nassau County seniors 60+.</p> <p>Programs are subject to change without notice.</p> <p>If you need an interpreter please inform staff.</p>	<p><u>June 14th – Flag Day</u></p> 	<p><u>June 16th</u></p> 	<p>If you haven't done so already, please join us for lunch in the cafeteria. See our delicious menu on the reverse side. To reserve a lunch please call, at the latest, the previous operating day by 12:00 noon, and arrive by 11:30 a.m. <u>Sign in for lunch before class.</u> Suggested donation: \$3.00</p>

