

June 2019 Activities

Location **NHCC – SCSC** 1355 Noel Ave. Hewlett 516-374-9253

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 Bacci 10:00am Weights w/Marilyn 11:00am Lunch Noon Chorus 1:00pm Meditation w/Jay	4 Bingo 10:00am Yoga w/Anne 11:00 Lunch Noon Chorus 1:00pm	5 Bingo 10:00am Exercise w/Barrie 11:00am Lunch Noon Yoga / Top 100's 1:00pm	6 You Be The Judge 10:00am Tai-Chi w/Joseph 11:00am Lunch Noon Yoga w/Anne 1:00pm Karaoke	7 Table Games 10:00am Weights w / Marilyn 11:00am Lunch Noon Chorus 1:00pm
10 Bacci 10:00am Weights w/Marilyn 11:00am Lunch Noon Chorus 1:00pm	11 Trivia 10:00am Yoga w/ Anne 11:00am Lunch Noon Music Appreciation 1:00pm	12 OFRA 10:00am Exercise w/Barrie 11:00am Lunch Noon Music Appreciation 1:00pm	13 Baggo 10:00am Tai-Chi w/Joseph 11:00am Lunch Noon Yoga w/Anne 1:00pm Karaoke	14 Knitting /Table Games 10:00am Weights w/Marilyn 11:00am Lunch Noon Chorus 1:00pm
17 Cornell Cooperative 10:00am Exercise w/Marilyn 11:00am Lunch Noon Music w/John 1:00 pm Meditation w/Jay	18 Trivia 10:00am YOGA CANCELED 11:00am Lunch Noon Northwell Sleep Presentation 12:45pm Music Appreciation 1:00pm	19 Bingo 10:00am Exercise w/ Barrie 11:00am Lunch Noon Music Appreciation 1:00pm Chair Yoga	20 Baggo 10:00am Tai-Chi w/Joseph 11:00am Lunch Noon Yoga w/Anne 1:00pm Karaoke	21 Knitting / Table Games 10:00am Weights w /Marilyn 11:00am Lunch Noon Chorus 1:00pm
24 Bacci 10:00am Exercise w/Marilyn 11:00am Lunch Noon OFRA 1:00pm	25 Bingo 10:00am Yoga w/ Anne 11:00am Lunch Noon Karaoke 1:00pm	26 Table Games 10:00am Exercise w/Barrie 11:00am Lunch Noon Music w/ John 1:00pm Chair Yoga	27 Baggo 10:00am Tai-Chi w/Joseph 11:00am Lunch Noon Yoga w/Anne 1:00pm	28 Knitting /Table Games 10:00am Weights w/Marilyn 11:00am Lunch Noon Chorus 1:00pm