

# June Activities

Location LONG BEACH 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
<b>3</b> 9:30 Social Hour 10:00 "A Tribute to Fathers"-Sandra Sustain 10:00 Nutrition Educ. Distribution 11:00 Stretch & Strength for Life-Kathleen Regan 12:00 Lunch 	<b>4</b> 9:30 Social Hour 10:00 "Make Better Beverage Choices"-Robyn Littman 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class with Terese Turino	<b>5</b> 9:30 Social Hour 10:00 Discussions on Life-Brad Fritz 11:00 Exercise DVD 12:00 Lunch 1:00 Site Council Mtg. 	<b>6</b> 9:30 Social Hour 10:00 Discussion Group 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping to Trader Joe's 	<b>7</b> 9:30 Social Hour 10:00 Creative Wrtg- 11:00 Exercise with Sandye 12:00 Lunch 
<b>10</b> 9:30 Social Hour 10:00 "Got a Sweet Tooth?- The Candy of Your Youth" with Michele & Denise and a <u>Surprise</u> guest! 11:00 Exercise DVD 12:00 Lunch 	<b>11</b> 9:30 Social Hour 10:00 "Panama and the Canal" with Lynn 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class with Terese Turino	<b>12</b> 9:30 Social Hour 10:00 Discussions on Life-Brad Fritz 11:00 Exercise DVD 12:00 Lunch 	<b>13</b> 9:30 Social Hour 10:00 Discussion Group 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping to Stop & Shop 	<b>14</b> 9:30 Social Hour 10:00 Creative Wrtg- 11:00 Exercise with Sandye 12:00 Lunch 
<b>17</b> 9:30 Social Hour 10:00 <b>"SCAM Alert-Help Us, Protect You!!"</b> Nassau County Police Department 11:00 Stretch & Strength for Life-Kathleen Regan 12:00 Lunch 	<b>18</b> 9:30 Social Hour 10:00 Discussions with Lynn Nathanson 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class with Terese Turino 	<b>19</b> 9:30 Social Hour 10:00 Discussions on Life-Brad Fritz 11:00 Exercise DVD 12:00 Lunch 	<b>20</b> 9:30 Social Hour 10:00 Discussion Group 10:00 Health Screening with Pat 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping to Stop & Shop 	<b>21</b> 9:30 Social Hour 10:00 Creative Wrtg- 11:00 Exercise with Sandye 12:00 Lunch 
<b>24</b> 9:30 Social Hour 10:00 "Summer Bingo for Prizes" with Evelyn 11:00 Stretch & Strength for Life-Kathleen Regan 12:00 Lunch 	<b>25</b> 9:30 Social Hour 10:00 "Ratification and the Bill of Rights"-DVD and discussion with Barrie Grant 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class with Terese Turino 	<b>26</b> 9:30 Social Hour 10:00 Discussions on Life-Brad Fritz 11:00 Exercise DVD 12:00 Lunch 	<b>27</b> 9:30 Social Hour 10:00 Discussion Group 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 <b>ICE CREAM SOCIAL</b> 1:00 Shopping to Stop & Shop 	<b>28</b> 9:30 Social Hour 10:00 Creative Wrtg- 11:00 Exercise with Sandye 12:00 Lunch 
Lunch reservations are required and MUST be made a business day in advance by 9:30 AM. Voluntary contributions are accepted. No person will be denied a service due to inability or unwillingness to contribute!	Join us for coffee, tea,.....  Every morning!!			IT IS ESPECIALLY IMPORTANT TO REMEMBER TO STAY PROPERLY HYDRATED!!! 