

March 2020 Activities 516 305-8976

Herricks SCSC, 999 Herricks Rd., New Hyde Park, NY 11040

Carol MacBride, Director

www.herricks.org/snp

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
<p style="text-align: right;">2</p> <p>10:00 Mah Jongg, Cards- Adelphi Nurses 10:00-11:30 Jewelry Making \$5 10:00 NO Line Dancing 11:00 Walk Well 11:45 Lunch 1:00 Stretch & Flex – Gym 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">3</p> <p>9:45 Exercise- Gym 10:00 Blood Pressure, Cards, Bingo 11:00 Walk Well 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">6</p> <p>10:00 Cards, Bridge, Games 10:00 <i>Gentle Yoga with Dhara</i> 11:00 Walk for Wellness 11:45 Lunch 12:15 <i>Speaker- Sid Jacobsen JCC</i> 1:00 Tai Chi-Rm. , Cards 1:00-2:30 Pickleball - Gym</p>
<p style="text-align: right;">9</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards 10:00 Adelphi Nurses 11:00 Walk Well 11:45 Lunch 1:00 Stretch & Flex -Gym 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">10</p> <p>9:45 Exercise-Gym 10:00 Cards, Bingo 11:00 Walk for Wellness 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Bingo, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">13</p> <p>10:00 Cards, Bridge, Games 10:00 Gentle Yoga with Dhara - Gym 11:00 Walk Well 11:15 <i>Nutrition Ed</i> 11:45 Lunch 1:00 Tai Chi Rm. 113, Cards 1:00-2:30 Pickleball - Gym</p>
<p style="text-align: right;">16</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards 10:00 Adelphi Nurses 11:00 Walk Well 11:15 Lois on Piano 11:45 Lunch 1:00 Stretch & Flex -Gym 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">17</p> <p>9:45 Exercise-Gym 10:00 Cards, Games, Bingo 11:00 Walk for Wellness 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p style="text-align: right;">18</p> <div style="text-align: center;">  <p>Program Closed</p> </div>	<p style="text-align: right;">19</p> <div style="text-align: center;"> <p>Happy Spring</p>  <p>Program Closed</p> </div>	<p style="text-align: right;">20</p> <p>10:00 Cards, Bridge, Games 10:00 Gentle Yoga with Dhara - Gym 11:00 Walk for Wellness 11:45 Lunch 1:00 Tai Chi Rm. 113, Cards 1:00-2:30 Pickleball - Gym</p>
<p style="text-align: right;">23</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards 10:00 Adelphi Nurses 11:00 Walk Well 11:45 Lunch 12:30 Jewelry Making \$5 1:00 Stretch & Flex – Gym</p>	<p style="text-align: right;">24</p> <p>9:45 Exercise-Gym 10:00 Cards, Games, Bingo 11:00 Walk Well 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">27</p> <p>10:00 Cards, Bridge, Games 10:00 Gentle Yoga with Dhara - Gym 11:00 Walk for Wellness 11:45 Lunch 1:00 Tai Chi Rm. 113, Cards 1:00-2:30 Pickleball - Gym</p>
<p style="text-align: right;">30</p> <p>10:00 Mah Jongg,Cards- Adelphi Nurses 10:00 NO Line Dancing 11:00 Walk Well 11:45 Lunch 12:30 Jewelry Making \$5 1:00 Stretch & Flex – Gym 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">31</p> <p>9:45 Exercise-Gym 10:00 Cards, Games, Bingo 11:00 Walk Well 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p>Programs and menu are subject to change without notice.</p> <p>The actual cost of the meal is \$5.25 for guests under 60. The suggested donation is \$3.00. <u>We depend on your donation to help sustain our program.</u> The menu is subject to change without notice.</p>	<p>We are non denominational, open to Nassau County seniors 60 +.</p> <p>ATTENTION ACTIVITY PARTICIPANTS: If you haven't done so already, please join us for lunch in the cafeteria. Review the menu and come & eat with some friends. 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>	