












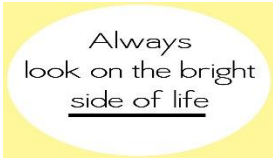







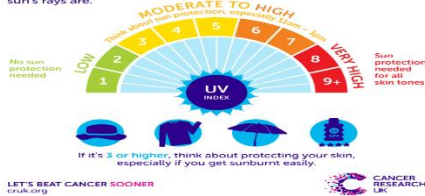



# August Activities 516 565 1568

Location **HEMPSTEAD 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
<div>2</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie Mcknight 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>3</div> <div>SUMMER BEACH PROGRAM AT LIDO BEACH TOWN PARK RESERVATIONS NEEDED. BUS LEAVES AT 9:30 A.M.</div> <div></div>	<div>4</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>5</div> <div>CLOSED</div> <div></div>	<div>6</div> <div>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Announcements &amp; Game 12:30 Grab n Go</div> <div></div>
<div>9</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie Mcknight 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>10</div> <div>SUMMER BEACH PROGRAM AT LIDO BEACH TOWN PARK RESERVATIONS NEEDED. BUS LEAVES AT 9:30 A.M.</div> <div></div>	<div>11</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>12</div> <div>CLOSED</div> <div></div>	<div>13</div> <div>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Announcements &amp; Game 12:30 Grab n Go</div> <div></div>
<div>16</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie Mcknight 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>17</div> <div>SUMMER BEACH PROGRAM AT LIDO BEACH TOWN PARK RESERVATIONS NEEDED. BUS LEAVES AT 9:30 A.M.</div> <div></div>	<div>18</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>19</div> <div>CLOSED</div> <div></div>	<div>20</div> <div>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Announcements &amp; Game 12:30 Grab n Go</div> <div></div>
<div>23</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie Mcknight 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>24</div> <div>SUMMER BEACH PROGRAM AT LIDO BEACH TOWN PARK RESERVATIONS NEEDED. BUS LEAVES AT 9:30 A.M.</div> <div></div>	<div>25</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>26</div> <div>CLOSED</div> <div></div>	<div>27</div> <div>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Announcements &amp; Game 12:30 Grab n Go</div> <div></div>
<div>30</div> <div>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie Mcknight 11:45 Announcements &amp; Games 12:30 Grab n Go</div> <div></div>	<div>31</div> <div>SUMMER BEACH PROGRAM AT LIDO BEACH TOWN PARK RESERVATIONS NEEDED. BUS LEAVES AT 9:30 A.M.</div> <div></div>	<div></div> <div>WE ARE THRILLED TO SEE YOU ALL! PLEASE KEEP IN MIND RESERVATIONS ARE REQUIRED FOR GRAB N GO MEALS AND BUS TRANSPORTATION</div>	<div></div> <div>DON'T LET SUNBURN CATCH YOU OUT Check the UV Index at <a href="http://www.metoffice.gov.uk/uv">www.metoffice.gov.uk/uv</a> to see how strong the sun's rays are.  If it's 3 or higher, think about protecting your skin, especially if you get sunburnt easily. LET'S BEAT CANCER SOONER <a href="http://cruk.org">cruk.org</a> CANCER RESEARCH UK</div>	<div></div> <div>THE SUN'S UV RAYS ARE STRONGEST WHEN... ...YOUR SHADOW IS SHORTER THAN YOU MIDDLE OF THE DAY 11AM - 3PM  LET'S BEAT CANCER SOONER <a href="http://cruk.org">cruk.org</a> CANCER RESEARCH UK</div>