November 2021 Activities

Location_____NHCC-SCSC_____

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
1 11-11:45 Marlyn's Exercise – Zoom only ID: 994 3857 6135 1:00 Karaoke - Zoom only ID: 934 5657 5325	**2** 10:00 am Sing a long – Hybrid ID: 934 5657 5325 10:15 am Barry's Exercise- Hybrid ID: 994 3857 6135 12:00 Lunch – discussion groups – in person only 1:00 Musical Sign Language Hybrid ID: 934 5657 5325	**3** 11:00 Exercise with Anne – Hybrid: : 994 3857 6135 12:00 Lunch 1:00 Karaoke Zoom only ID: 934 5657 5325 2:00 BINGO Zoom only ID: 934 5657 5325	4 10:00 am Music – in-person 11:00 Tai Chi with Pat Hybrid - ID: 994 3857 6135 12:00 Lunch – Group discussion – In person only 1:00 Musical Sign Language Hybrid ID: 934 5657 5325 2:00 Word game Zoom only ID: 934 5657 5325	**5** 10:oo am Craft – in person 11:00 – Exercise - Hybrid - ID: 994 3857 6135 12:00 – Lunch 1:00 Karaoke – zoom only ID: 934 5657 5325 Table games in person only 2:00 Horse Racing zoom only ID: 934 5657 5325
8 11-11:45 Marlyn's Exercise – Hybrid ID: 994 3857 6135 12:00 Lunch – discussion groups – in person only 1:00 Musical Sign Language Hybrid ID: 934 5657 5325 1:00 : Discussion Game (A Matter of Value) – in person	**9** 10:00 am Sing a long 10:15 am Barry's Exercise- Hybrid ID: 994 3857 6135 12:00 Lunch – discussion groups – in person only 1:00 Musical Sign Language Hybrid ID: 934 5657 5325 1:00 OFRA – Hybrid – Hybrid ID: 942 3061 5653	**10** 11:00 Exercise with Anne – Hybrid: : 994 3857 6135 12:00 Lunch 1:00 Karaoke Zoom only ID: 934 5657 5325 2:00 BINGO Zoom only ID: 934 5657 5325	**11** 10:00 am Music – in-person 11:00 Tai Chi with Pat Hybrid - ID: 994 3857 6135 12:00 Lunch – Group discussion – In person only 1:00 Musical Sign Language Hybrid ID: 934 5657 5325 2:00 Word game Zoom only ID: 934 5657 5325	**12** 10:oo am Hangman - in person 11:00 – Exercise - Hybrid - ID: 994 3857 6135 12:00 – Lunch 1:00 Karaoke 2:00 Horse Racing zoom only ID: 934 5657 5325
15 11-11:45 Marlyn's Exercise – Zoom only ID: 994 3857 6135 1:00 Karaoke - Zoom only ID: 934 5657 5325 1:00 : Leaf Garland Craft – in person	**16** 10:00 am Sing a long – Hybrid ID: 934 5657 5325 10:15 am Barry's Exercise- Hybrid ID: 994 3857 6135 12:00 Lunch – discussion groups – in person only 1:00 Musical Sign Language Hybrid ID: 934 5657 5325 : 934 5657 5325	**17** 11:00 Exercise with Anne – Hybrid ID: 994 3857 6135 12:00 Lunch 1:00 Karaoke Zoom only ID: 934 5657 5325 2:00 BINGO Zoom only ID: 934 5657 5325	**18** 10:00 Nutrition – Cornell Cooperative 994 3857 6135 Music – in-person 11:00 Tai Chi with Pat Hybrid - ID: 994 3857 6135 12:00 Lunch – discussion 1:00 Musical Sign Language Hybrid ID: 934 5657 5325 2:00 Word game Zoom only ID: 934 5657 5325	**19** 10:oo am Trivia – in person 11:00 – Exercise - Hybrid - ID: 994 3857 6135 12:00 – Lunch 1:00 Drum circle– Hybrid ID: 934 5657 5325 2:00 Horse Racing zoom only ID: 934 5657 5325
22 11-11:45 Marlyn's Exercise – Hybrid ID: 994 3857 6135 Thanksgiving Luncheon 12:00-3:00pm	**23** 10:00 am Sing a long – Hybrid ID: 934 5657 5325 10:15 am Barry's Exercise- Hybrid ID: 994 3857 6135 11:15 – Craft – in person only 12:00 Lunch – discussion groups – in person only 1:00 Musical Sign Language Hybrid ID: 934 5657 5325 OFRA – Hybrid – Hybrid ID: 942 3061 5653	**24** 11:00 Exercise with Anne – Hybrid ID: 994 3857 6135 12:00 Lunch 1:00 Karaoke Zoom only ID: 934 5657 5325 2:00 BINGO Zoom only ID: 934 5657 5325	**25** Thanksgiving Day	**26**
29 11-11:45 Marlyn's Exercise – Hybrid ID: 994 3857 6135 1:00 Karaoke - Zoom only ID: 934 5657 5325 1:00 : Trivia – in person	**30** 10:00 am Sing a long – Hybrid ID: 934 5657 5325 10:15 am Barry's Exercise- Hybrid ID: 994 3857 6135 11:00 Trivia 12:00 Lunch – discussion groups – in person only 1:00 Musical Sign Language Hybrid ID: 934 5657 5325			