





August Activities

Location Port Washington SCSC

9 Carlton Ave., Port Washington NY 516 944-9654

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
2 10:00 Social Hour 10:30 Tai Chi with Joseph 11:30 Bingo 12:30 Grab and Go Lunch & Announcements	3 10:00 Social Half Hour 10:30 Exercise with Pat G 11:30 Summer August Party 12:30 Grab and Go Lunch & Announcements	4 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 11:30 Card and Letters to homebound 12:30 Grab and Go Lunch & Announcements	5 Nutrition Education Handout Distribution 10:00 Social Hour 11:00 Chair Yoga W/Patty 12:00 Current Events Discussion 12:30 Grab and Go Lunch &	6 10:00 Social Half Hour 10:30 Exercise w/Victoria 11:30 Bingo 12:30 Grab and Go Lunch
9  10:00 FUN DAY MONDAY AT BAR BEACH PARK	10 10:00 Social Half Hour 10:30 Exercise with Pat G 11:30 Bingo 12:30 Grab and Go Lunch & Announcements	11 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 11:30 Trivia 12:30 Grab and Go Lunch & Announcements	12 10:00 Social Hour 11:00 Chair Yoga W/Patty 12:00 Crossword and Search Games 12:30 Grab and Go Lunch & Announcements	13 10:00 Social Half Hour 10:30 Exercise w/Victoria 11:30 Bingo 12:30 Grab and Go Lunch
16 10:30 Olympic Bingo w/Mary from EMERG 11:30 Current Event Discussion Led By 12:30 Grab and Go Lunch & Announcements	17 10:00 Site Council Meeting 10:30 Exercise with Pat G 11:30 Craft Lets Paint 12:00 Lunch	18 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 11:30 Bingo 12:30 Grab and Go Lunch & Announcements	19 10:00 Social Hour 11:00 Chair Yoga W/Patty 12:00 Round Table Discussion 12:30 Grab and Go Lunch & Announcements	20 10:00 Veggie Van 10:30 Exercise w/Victoria 11:30 Carnival games 12:30 Grab and Go Lunch
23  10:00 FUN DAY MONDAY AT BAR BEACH PARK	24 10:00 Social Half Hour 10:30 Exercise with Pat G 11:30 Celebrate August Birthdays 12:30 Lunch & Announcements 	25 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 11:30 Bingo 12:30 Lunch & Announcements	26 10:00 Social Hour 11:00 Chair Yoga W/Patty 12:00 Round Table Discussion 12:30 Lunch & Announcements	27 10:00 Social Half Hour 10:30 Exercise w/Victoria 11:30 Crossword and Search Contest 12:30 Grab and Go Lunch
30 10:00 Social Hour 11:00 Cornell Nutrition Workshop W/Tiffany 12:00 Trivia 12:30 Grab and Go Lunch & Announcements	31 10:00 Social Half Hour 10:30 Exercise with Pat G 11:30 Bingo 12:30 Lunch & Announcements		The Center is Open With A Strict Reservations Policy in Place! Hours are from 10 AM-12:30 PM	