

May 2022

**Herricks Senior Community Service Center
999 Herricks Rd, New Hyde Park, NY 11040
(516) 305-8976**



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>2</p> <p>9:30 Independent Word games/activity 10:00 Gentle Yoga w/ Dhara 11:45 Lunch: Ravioli w/tomato sauce or Seafood Salad w/ tortilla 12:30 NO Jewelry Making w/ Carmela NO 12:45 Arthritis Foundation Exercise Program w/ Barrie</p>	<p>3</p> <p>9:30 Independent word games/activity 10:00 Bingo 10:45 Exercise w/ Doris 11:45 Lunch: Chicken Fajitas or Chicken Salad w/ tortilla 12:00-2:00 Ceramics/Painting w/ Val 12:45 Yoga w/ Patty</p>	<p>4</p> <p>CENTER CLOSED</p>	<p>5</p> <p>CENTER CLOSED</p>	<p>6</p> <p>9:30 Independent word games/activity 10:00 Gentle Yoga w/ Dhara 11:00 Nutrition Education 11:45 Lunch: Chicken parmigiana or Mozzarella/tomato sandwich 12:30 Spring Planting w/ Cornell Co-op 12:45 Tai Chi w/ Joe</p>
<p>9</p> <p>9:30 Independent Word games/activity 10:00 Gentle Yoga w/ Dhara 11:45 Lunch: Meatloaf w/gravy or Tuna Salad on Rye 12:30-2:00 Jewelry Making w/ Carmela 12:45 Arthritis Foundation Exercise Program w/ Barrie</p>	<p>10</p> <p>9:30 Independent word games/activity 10:00 NCPD/Crime Advocate/FCA:SCAMS 10:45 Exercise w/ Doris 11:45 Lunch: Chicken Marsala or Mozzarella/tomato sandwich 12:00 Bingo 12:00-2:00 Ceramics/Painting w/ Val 12:45 Yoga w/ Patty</p>	<p>11</p> <p>CENTER CLOSED</p>	<p>12</p> <p>CENTER CLOSED</p>	<p>13</p> <p>9:30 Independent word games/activity 10:00 Gentle Yoga w/ Dhara 11:45 Lunch: Pot Roast w/gravy or Seafood Salad w/ tortilla 12:45 Tai Chi w/ Joe</p>
<p>16</p> <p>9:30 Independent Word games/activity 10:00 Gentle Yoga w/ Dhara 11:00 <i>ELVIS is in the HOUSE entertainer & Comedian Howard Newman</i> 11:45 Lunch: Stuffed shells w/sauce/spinach or Chicken Salad w/tortilla 12:30-2:00 Jewelry Making w/ Carmela 12:45 Arthritis Foundation Exercise w/Barrie</p>	<p>17</p> <p>BUDGET VOTE – GYM 7am - 9pm 9:30 Independent word games/activity 10:00 Bingo 10:45 Exercise w/ Doris 11:45 Lunch: Beef & Broccoli or Tuna Salad on Rye 12:00-2:00 Ceramics/Painting w/ Val 12:45 Yoga w/ Patty</p>	<p>18</p> <p>CENTER CLOSED</p>	<p>19</p> <p>CENTER CLOSED</p>	<p>20</p> <p>9:30 Independent word games/activity 10:00 Gentle Yoga w/ Dhara 11:00 90 + and May Birthday celebration 11:45 Lunch: Baked breaded fish or Egg Salad on wheat 12:45 Tai Chi w/ Joe</p>
<p>23</p> <p>9:30 Independent Word games/activity 10:00 Gentle Yoga w/ Dhara 11:45 Lunch: Stuffed shells/sauce or Chicken Salad on wheat 12:30-2:00 Jewelry Making w/ Carmela 12:45 Arthritis Foundation Exercise Program w/ Barrie</p>	<p>24</p> <p>9:30 Independent word games/activity 10:00 Bingo 10:45 Exercise w/ Doris 11:45 Lunch: Chicken Cacciatore or Seafood Salad w/ tortilla 12:00-2:00 Ceramics/Painting w/ Val 12:45 Yoga w/ sub</p>	<p>25</p> <p>CENTER CLOSED</p>	<p>26</p> <p>CENTER CLOSED</p>	<p>27</p> <p>9:30 Independent word games/activity 10:00 Gentle Yoga w/ Dhara 11:00 Laurie on Piano 11:45 Lunch: Grilled Chicken w/Ranchero sauce or Egg Salad on wheat 12:45 Tai Chi w/ Joe</p>
<p>30</p> <p>MEMORIAL DAY CENTER CLOSED</p>	<p>31</p> <p>9:30 Independent word games/activity 10:00 Bingo 10:45 Exercise w/ Doris 11:45 Lunch: Greek salad w/ grilled chicken Or Tuna Salad w/ tortilla 12:00-2:00 Ceramics/Painting w/ Val 12:45 Yoga w/ sub</p>	<p>We provide transportation from Albertson, Williston Park, East Williston, Garden City Park, Mineola, New Hyde Park, Searingtown and Roslyn. The suggested voluntary contribution is \$2.00 round trip.</p>	<p>We are non-denominational open to Nassau County seniors 60+. Programs and meals are subject to change without notice. Currently masks are optional and we are still practicing social distancing.</p>	<p>WELCOME to Herricks SCSC !! Our entrance is Door # 10 on Talbot St. Please press the Auto door button on brick wall to your right to enter. Please register in advance for meals. \$3.00 suggested voluntary contribution for meals. \$1.00 suggested contribution for each class.</p>