

Herricks SCSC 999 Herricks Rd., NHP, NY 11040 Carol MacBride, Dir.

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>3</p> <p>9:30 Independent word games/coloring 10:00 Gentle Yoga</p> <p>11:45 Lunch 12:45 Stretch & Flex with Barrie</p>	<p>4</p> <p>9:45 Bingo/ Independent word games</p> <p>10:45 Exercise</p> <p>11:45 Lunch 12:00 Ceramics/Painting 12:45 Yoga with Patty</p>	<p>5</p> <p>CENTER CLOSED</p>	<p>6</p> <p>CENTER CLOSED</p>	<p>7</p> <p>10:00 Gentle Yoga</p> <p>11:00 Independent word games/coloring 11:45 Lunch 12:45 Tai Chi with Joe</p>
<p>10</p> <p>9:30 Independent word games/coloring 10:00 Gentle Yoga 11:00 Project Hope</p> <p>11:45 Lunch 12:45 Stretch & Flex with Barrie</p>	<p>11</p> <p>9:45 Bingo/ Independent word games</p> <p>10:45 Exercise</p> <p>11:45 Lunch 12:00 Ceramics/Painting 12:45 Yoga with Patty</p>	<p>12</p> <p>CENTER CLOSED</p>	<p>13</p> <p>CENTER CLOSED</p>	<p>14</p> <p>10:00 Gentle Yoga 11:00 Independent word games/coloring 11:45 Lunch 12:45 Tai Chi with Joe</p>
<p>17</p> <p>CLOSED Martin Luther King Jr. Day</p>	<p>18</p> <p>9:45 Bingo/ Independent word games</p> <p>10:45 Exercise with Doris</p> <p>11:45 Lunch 12:00 Ceramics/ Painting 12:45 Yoga with Patty</p>	<p>19</p> <p>CENTER CLOSED</p>	<p>20</p> <p>CENTER CLOSED</p>	<p>21</p> <p>10:00 Gentle Yoga with Dhara</p> <p>11:00 Independent word games/coloring 11:45 Lunch/Birthdays/Trivia 12:45 Tai Chi with Joe</p>
<p>24</p> <p>9:30 Independent word games/coloring</p> <p>10:00 Gentle Yoga with Dhara 11:00 Project Hope 11:45 Lunch</p> <p>12:45 Stretch & Flex with Barrie</p>	<p>25</p> <p>9:45 Bingo/ Independent word games</p> <p>10:45 Exercise with Doris</p> <p>11:45 Lunch 12:00 Ceramics/Painting 12:45 Yoga with Patty</p>	<p>26</p> <p>CENTER CLOSED</p>	<p>27</p> <p>CENTER CLOSED</p>	<p>28</p> <p>10:00 Gentle Yoga with Dhara 11:00 Laurie on piano 11:00 Independent word games/coloring 11:45 Lunch 12:45 Tai Chi with Joe</p>
<p>31</p> <p>9:30 Independent word games/coloring</p> <p>10:00 Gentle Yoga with Dhara</p> <p>11:45 Lunch</p> <p>12:45 Stretch & Flex with Barrie</p>	<p>We are non denominational open to Nassau County seniors 60+. All classes take place in the cafeteria for a suggested \$1.00 donation each class. Programs are subject to change without notice. All members must wear masks and maintain social distance. Temperatures are taken and recorded daily.</p>			<p>HAPPY NEW YEAR !!</p>