

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>3</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Yoga with Connie Mcknight</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30- 2:00 Sculpture Class with Veronica Smith</div> <div></div>	<div>4</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>11:00 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30 - 1:30 Exercise with Samantha Perry</div> <div></div>	<div>5</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Tai Chi with John Briscoe</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:45- 1:45 Exercise with Victoria Smith</div> <div></div>	<div>6</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:30 Line Dancing with Lori Shapiro</div> <div>11:45 Announcements</div> <div>12:00 Lunch Onsite</div> <div>12:30-1:30 Yoga with Dominic Hawkins</div> <div></div>	<div>7</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>11:00 Exercise with Sheila Hawkins</div> <div>12:00 Lunch Onsite</div> <div>12:30 Announcements & Game</div> <div>1:00 BINGO</div> <div></div>
<div>10</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Yoga with Connie Mcknight</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30- 2:00 Sculpture Class with Veronica Smith</div> <div></div>	<div>11</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>11:00 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30 - 1:30 Exercise with Samantha Perry</div> <div></div>	<div>12</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Tai Chi with John Briscoe</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:45- 1:45 Exercise with Victoria Smith</div> <div></div>	<div>13</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:30 Line Dancing with Lori Shapiro</div> <div>11:45 Announcements</div> <div>12:00 Lunch Onsite</div> <div>12:30-1:30 Yoga with Dominic Hawkins</div> <div></div>	<div>14</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>11:00 Exercise with Sheila Hawkins</div> <div>12:00 Lunch Onsite</div> <div>12:30 Announcements & Game</div> <div>1:00 BINGO</div> <div></div>
<div>17</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Yoga with Connie Mcknight</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30- 2:00 Sculpture Class with Veronica Smith</div> <div></div>	<div>18</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>11:00 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30 - 1:30 Exercise with Samantha Perry</div> <div></div>	<div>19</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Tai Chi with John Briscoe</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:45- 1:45 Exercise with Victoria Smith</div> <div></div>	<div>20</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:30 Line Dancing with Lori Shapiro</div> <div>11:45 Announcements</div> <div>12:00 Lunch Onsite</div> <div>12:30-1:30 Yoga with Dominic Hawkins</div> <div></div>	<div>21</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>11:00 Exercise with Sheila Hawkins</div> <div>12:00 Lunch Onsite</div> <div>12:30 Announcements & Game</div> <div>1:00 BINGO</div> <div></div>
<div>24</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Yoga with Connie Mcknight</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30- 2:00 Sculpture Class with Veronica Smith</div> <div></div>	<div>25</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>11:00 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30 - 1:30 Exercise with Samantha Perry</div> <div></div>	<div>26</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Tai Chi with John Briscoe</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:45- 1:45 Exercise with Victoria Smith</div> <div></div>	<div>27</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:30 Line Dancing with Lori Shapiro</div> <div>11:45 Announcements</div> <div>12:00 Lunch Onsite</div> <div>12:30-1:30 Yoga with Dominic Hawkins</div> <div></div>	<div>28</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>11:00 Exercise with Sheila Hawkins</div> <div>12:00 Lunch Onsite</div> <div>12:30 Announcements & Game</div> <div>1:00 BINGO</div> <div></div>
<div>31</div> <div>10:00 Social Hour, Cards, Games, Coffee</div> <div>10:45 Yoga with Connie Mcknight</div> <div>11:45 Announcements & Games</div> <div>12:00 Lunch Onsite</div> <div>12:30- 2:00 Sculpture Class with Veronica Smith</div> <div></div>	<div>Happy New Year</div>	<div>WE ARE NOW OPEN 5 DAYS.</div> <div>WE ARE THRILLED TO SEE YOU ALL!</div> <div>PLEASE KEEP IN MIND RESERVATIONS ARE REQUIRED FOR MEALS AND BUS TRANSPORTATION</div>	<div>2022 Goals</div> <div>1</div> <div>2</div> <div>3</div> <div></div>	<div>WINNING WAYS TO WELLBEING</div> <div><div>CONNECT</div><div>TALK & LISTEN, BE THERE, FEEL CONNECTED</div></div> <div><div>Give</div><div>Your time, your words, your presence</div></div> <div><div>TAKE NOTICE</div><div>REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</div></div> <div><div>KEEP LEARNING</div><div>EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF</div></div> <div><div>BE ACTIVE</div><div>DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR BODY</div></div>