

**February 2022**

**Location\_\_Great Neck Senior Center\_\_\_\_\_**

**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  10:30 – 11:30 Congregate Group 10:00-11:00 Bingo 11:30-12:00 Discussion Group 10:30 – 11:30 a.m. World in Depth 12 p.m. Lunch	2  10:00-11:00 Bingo 11:30-12:00 Exercise with Sarah 10:30 – 11:30 a.m. Music w/ Mindye  12 p.m. Lunch 1:00-2:00 Conversation 1 – 3p.m. Womanspace	3  10:30 – 11:30 a.m. Movie Day  11 a.m. – Noon Piano w/ Dr. Saltzman  12 p.m. Lunch 1:00-3:00 Ping Pong	4 28  9:45 – 10:45 a.m. Tai Chi  12 p.m. Lunch 12:30-2p.m. English lessons
7  10:30 – 11:30 Congregate Group 10:00-11:00 Bingo 11:30-12:00 Discussion Group 12 p.m. Lunch 1:00-2:00 Conversation 1 – 3p.m. Womanspace Memoirs	8  10:30 – 11:30 Congregate Group 10:00-11:00 Bingo 11:30-12:00 Discussion Group 10:30 – 11:30 a.m. World in Depth 12 p.m. Lunch	9  10:00-11:00 Bingo 11:30-12:00 Exercise with Sarah 10:30 – 11:30 a.m. Music w/ Mindye  12 p.m. Lunch 1:00-2:00 Conversation 1 – 3p.m. Womanspace	10  10:30 – 11:30 a.m. Movie Day  11 a.m. – Noon Piano w/ Dr. Saltzman  12 p.m. Lunch 1:00-3:00 Ping Pong	11 28  9:45 – 10:45 a.m. Tai Chi  12 p.m. Lunch 12:30-2p.m. English lessons
14  10:30 – 11:30 Congregate Group 10:00-11:00 Bingo 11:30-12:00 Discussion Group 12 p.m. Lunch 1:00-2:00 Conversation 1 – 3p.m. Womanspace Memoirs	15  10:30 – 11:30 Congregate Group 10:00-11:00 Bingo 11:30-12:00 Discussion Group 10:30 – 11:30 a.m. World in Depth 12 p.m. Lunch	16  10:00-11:00 Bingo 11:30-12:00 Exercise with Sarah 10:30 – 11:30 a.m. Music w/ Mindye  12 p.m. Lunch 1:00-2:00 Conversation 1 – 3p.m. Womanspace	17  10:30 – 11:30 a.m. Movie Day  11 a.m. – Noon Piano w/ Dr. Saltzman  12 p.m. Lunch 1:00-3:00 Ping Pong	18 28  9:45 – 10:45 a.m. Tai Chi  12 p.m. Lunch 12:30-2p.m. English lessons
21  10:30 – 11:30 Congregate Group 10:00-11:00 Bingo 11:30-12:00 Discussion Group 12 p.m. Lunch 1:00-2:00 Conversation 1 – 3p.m. Womanspace Memoirs	22  10:30 – 11:30 Congregate Group 10:00-11:00 Bingo 11:30-12:00 Discussion Group 10:30 – 11:30 a.m. World in Depth 12 p.m. Lunch	23  10:00-11:00 Bingo 11:30-12:00 Exercise with Sarah 10:30 – 11:30 a.m. Music w/ Mindye  12 p.m. Lunch 1:00-2:00 Conversation 1 – 3p.m. Womanspace	24  10:30 – 11:30 a.m. Movie Day  11 a.m. – Noon Piano w/ Dr. Saltzman  12 p.m. Lunch 1:00-3:00 Ping Pong	25 28  9:45 – 10:45 a.m. Tai Chi  12 p.m. Lunch 12:30-2p.m. English lessons
28  10:30 – 11:30 Congregate Group 10:00-11:00 Bingo 11:30-12:00 Discussion Group 12 p.m. Lunch 1:00-2:00 Conversation 1 – 3p.m. Womanspace Memoirs				

