

February 2022 516-623-2008

Location 66 Church Street, Freeport, NY 11520

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
	9AM-10AM BREAKFAST 1 10:30-11:30 EXERCISE W/VICTORIA 12:30 LUNCH IS SERVED 1:15 GAME TIME W/ WADE	9AM-10AM BREAKFAST 2 11:00-12:30 SCULPTURE W/VERONICA 12:30 LUNCH IS SERVED 1:15-2:15 STRETCH, FLEX & MOVE W/ SAMANTHA	9AM-10AM BREAKFAST 3 10:30-11:30 CHAIR YOGA W/SANDYE 12:30 LUNCH IS SERVED 1:15-2:00 ZUMBA W/ ANDREA	9AM-10AM BREAKFAST 4 11:00 BINGO 12:30 LUNCH IS SERVED 1:15 – 2:15 YOGA W/NICK
9AM-10AM BREAKFAST 7 11-12 EXERCISE W/SAMANTHA 12:30 LUNCH IS SERVED 1:15-2:15 TAI CHI W/PAT	9AM-10AM BREAKFAST 8 9:30 HEATHER IS BACK W/THE MOLLOY NURSING STUDENTS 10:30-11:30 EXERCISE W/VICTORIA 12:30 LUNCH IS SERVED 1:15 TIME W/THE MOLLOY STUDENTS	9AM-10AM BREAKFAST 9 11:00-12:30 SCULPTURE W/VERONICA 12:30 LUNCH IS SERVED 1:15-2:15 STRETCH, FLEX & MOVE W/ SAMANTHA	9AM-10AM BREAKFAST 10 9:30-2:30 TIME W/THE MOLLOY STUDENTS 10:30-11:30 CHAIR YOGA W/SANDYE 12:30 LUNCH IS SERVED 1:15-2:00 ZUMBA W/ ANDREA	9AM-10AM BREAKFAST 11 11:00 BINGO 12:30 LUNCH IS SERVED 1:15 – 2:15 YOGA W/NICK
9AM-10AM BREAKFAST 14 11-12 EXERCISE W/SAMANTHA 12:30 LUNCH IS SERVED 1:15-2:15 TAI CHI W/PAT	9AM-10AM BREAKFAST 15 9:30 HEATHER IS BACK W/THE MOLLOY NURSING STUDENTS 10:30-11:30 EXERCISE W/VICTORIA 12:30 LUNCH IS SERVED 1:15 TALENT SHOW W/ WADE	9AM-10AM BREAKFAST 16 11:00-12:30 SCULPTURE W/VERONICA 12:30 LUNCH IS SERVED 1:15-2:15 STRETCH, FLEX & MOVE W/ SAMANTHA	9AM-10AM BREAKFAST 17 9:30-2:30 TIME W/THE MOLLOY STUDENTS 10:30-11:30 CHAIR YOGA W/SANDYE 12:30 LUNCH IS SERVED 1:15-2:00 ZUMBA W/ ANDREA	9AM-10AM BREAKFAST 18 11:00 BINGO 12:30 LUNCH IS SERVED 1:15 – 2:15 YOGA W/NICK
21 CENTER CLOSED PRESIDENTS' DAY OBSERVED	9AM-10AM BREAKFAST 22 10:30-11:30 EXERCISE W/VICTORIA 12:30 LUNCH IS SERVED 1:15 Nutrition Ed/ American Heart Month / First Rate Fats	9AM-10AM BREAKFAST 23 11:00-12:30 SCULPTURE W/VERONICA 12:30 LUNCH IS SERVED 1:15-2:15 STRETCH, FLEX & MOVE W/ SAMANTHA	9AM-10AM BREAKFAST 24 10:30-11:30 CHAIR YOGA W/SANDYE 12:30 LUNCH IS SERVED 1:15-2:00 ZUMBA W/ ANDREA	9AM-10AM BREAKFAST 25 11:00 BINGO 12:30 LUNCH IS SERVED 1:15 – 2:15 YOGA W/NICK
9AM-10AM BREAKFAST 28 11-12 EXERCISE W/SAMANTHA 12:30 LUNCH IS SERVED 1:15-2:15 TAI CHI W/PAT				