

# February Activities

Location: 45 E. Main Street, Oyster Bay, NY 11771

# Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join us for <b><u>Chinese New Year Celebration</u></b> “The Year of the Tiger” with Lunch on Tuesday 2-1-22 at 11:45am</p>	<p>1 9:00 Advanced Strength Training 10:15 Strength Training w/John 10:30 Grumpy Old Men’s Group 1:00 Meditation w/Patricia 1:00 Creative Movement w/Kathy (Meet Every Tuesday)</p>	<p>2 9:00 Low Impact Cardio w/Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 11:00 Gentle Yoga Flow with Patricia (Every Wednesday) 11:45 <b>Celebrate Ground Hog Day</b></p>	<p>3 9:00 Advanced Strength Training 10:15 Strength Training w/John (Every Thursday) 11:15 <b>Tech Time</b> with Wendy 1:00 Crochet &amp; Knit /The Happy Hookers</p>	<p>4 9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo &amp; Carmela 10:30 Tai Chi with Spencer Gee (Every Friday)</p>
<p>7 9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga w/Patricia (Meet Every Monday) 11:30 <b>Social Work Updates</b> w/ Beth 12:45 Creative Writing w/Katherine</p>	<p>8 10:00 Continuing Water Colours 10:30 Exercise To Music w/Jill 1:00 Super Bingo 1:00 Bridge Game</p>	<p>9 10:00 Women of the Ages w/Beth 11:30 <b>Why Chocolate Makes Us Feel</b> So Good - with samples to taste 1:00 A Place To Call Home – TV Series</p>	<p>10 10:30 S.A.C. Meeting 11:30 <b>Celebrate LECOB’S</b> <b>Anniversary</b> 12:45 <b>Craft Group</b> with Sue &amp; Margie 1:00 Crochet &amp; Knit /The Happy Hookers</p>	<p>11 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette &amp; Linda</p>
<p>14 11:00 Hatha Yoga w/Patricia 11:30 <b>Valentine’s Day Celebration</b> Red &amp; Pink Contest and Special Entertainment 12:45 Creative Writing w/Katherine</p>	<p>15 10:00 Continuing Water Colours 10:30 Exercise To Music w/Jill 1:00 Bingo 1:00 Bridge Game</p>	<p>16 10:00 Women of the Ages w/Beth 12:45 Birthday Day 1:00 A Place To Call Home - TV Series</p>	<p>17 11:15 <b>American Heart Month</b> w/First Rate Facts w/Kye Cornell Cooperative 12:45 Water Colours w/ Alice – Fir Trees in Snow greeting card</p>	<p>18 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette &amp; Linda</p>
<p>21  Center Closed Holiday</p>	<p>22 10:00 Continuing Water Colours 10:30 Exercise To Music w/Jill 1:00 Bingo 1:00 Bridge Game</p>	<p>23 10:00 Women of the Ages w/Beth 11:30 <b>Virtual Trip Through The</b> <b>“Bermuda” Triangle</b> with Fun Facts &amp; Lunch 1:00 A Place To Call Home-TV Series</p>	<p>24 12:45 <b>Craft Group</b> with Sue &amp; Margie 1:00 Crochet &amp; Knit /The Happy Hookers</p>	<p>25 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette &amp; Linda</p>
<p>28 11:00 Hatha Yoga w/Patricia 11:15 <b>The Benefits of Stretch &amp;</b> <b>Balance</b> w/Prof. Gallager of NYIT 12:45 Creative Writing w/Katherine</p>			<p><b><u>Caregiver’s Discussion Group</u></b> with Ruth on Thursday 2-3-22 and Thursday 2-17-22 at 2:00pm</p>	