



May 2022

Port Washington Senior Community Service Center
9 Carlton Ave, Port Washington NY 11050
516-944-9654



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
2 9:30 Morning Social Time 11:00 Piano time with Laurie 12:00 Lunch and Announcements 12:30 Group Puzzle 12:45-1:45 Balance Exercise W/Nick	3 9:30 Social Hour 10:30 Exercise W/Pat G 12:00 Lunch and Announcements 12:30 Group Council Meeting 1:00-1:45 Total Body fitness w/ Susanne	4 Nutrition Education Handout Distribution 9:30 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Decorate Center 1:00-2:00 Trip to Target	5 CINCO DE MAYO 9:30 Social Hour/ Puzzle 11:00 Yoga/Patty 12:00 Lunch and Announcements 12:45-1:45 Dance Instruction w/Krissy 1:45-2:00 Discussion on history of	6 9:30 Social Half Hour 10:30 Exercise w/Victoria 12:00 Lunch and Announcements 12:00-2:00 Mother's Day Party DJ and Dancing
9 9:30 Morning Social Time 11:00 Piano time with Laurie 12:00 Lunch And Announcements 12:30 Group Puzzle 12:45-1:45 Balance Exercise	10 9:30 Social Hour 10:30 Exercise W/Pat G 12:00 Lunch and Announcements 12:45 Trip to Stop and Shop 1:00 Round Table Discussion Summer vacations over the years	11 9:30 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Current Event Discussion 1:00-2:00 Visit from Mary Sudell Bingo	12 9:30 Social Hour/ Puzzle 11:00 Yoga/Patty 12:00 Lunch and Announcements 12:45-1:45 Dance Instruction w/Krissy 1:45-2:00 Card Games	13 9:30 Social Half Hour 10:30 Exercise w/Victoria 12:00 Lunch and Announcements 12:30 Cornell Cooperative Food Storage Tips  1:30 Bingo
16 9:30 Coffee Social time 10:00 Health Assessment Nurse Anisha 11:00 Group Dominos 12:00 Lunch and Announcements 12:45-1:45 Balance Exercise W/Nick	17 9:30 Social Hour 10:30 Exercise W/Pat G 12:00 Lunch and Announcements 12:30 Current Events 1:00-1:45 Total Body fitness w/ Susanne	18 9:30 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Dominos 12:45-2:00 Manicures 	19 9:30 Social Hour/ Puzzle 11:00 Yoga/Patty 12:00 Lunch and Announcements 12:45-1:45 Dance Instruction w/Krissy 1:45-2:00 Card Games	20 9:30 Social Hour 10:30 Exercise w/Victoria 12:00 Lunch and Announcements 12:30 Celebrate May Birthdays 
23 9:30 Morning Social Time 11:00 Piano time with Laurie 12:00 Lunch and Announcements 12:30 Puzzle Time 12:45-1:45 Balance Exercise W/Nick	24 9:30 Social Hour 10:30 Exercise W/Pat G 12:00 Lunch and Announcements 12:30 Puzzle time 1:00-2:00 Craft w/Joanne Bird feeders	25 9:30 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Bingo 1:00-2:00 Trip to Trader Joes	26 9:30 Social Hour/ Puzzle 11:00 Trip to Sands Point Preserve 12:00 Lunch and Announcements At Preserve 1:45-2:00 Return to Center	27 9:30 Social Half Hour 10:30 Exercise w/Victoria 12:00 Lunch and Announcements 12:30 Jeopardy Game 1:30 Bingo
30 Center Closed Memorial Day 	31 31 9:30 Social Hour 10:30 Exercise W/Pat G 12:00 Lunch and Announcements 12:30 Puzzle time 1:00-2:00 Current Event Discussion		The Center is Open. Please make Reservations for all Activities! We look forward to seeing you! Hours are from 9:30 AM-2:00	