

January 2022

Location_ Port Washington SCSC

9 Carlton Ave., Port Washington NY 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
3 10:00 Morning Social Time 11:00 Piano time with Laurie 12:00 Onsite Lunch Served 12:45 Balance Exercise W/Nick 2:00 Bus Departs for home	4 10:00 Social Half Hour 10:30 Exercise W/Pat G 12:00 Onsite Lunch Served 1:00 Bingo 2:00 Bus Departs for home	5 10:00 Saint Francis Bus Health Access 10:30 Tai Chi W/Joseph 12:00 Onsite Lunch 12:45 Decorate Center 2:00 Bus Departs for home 	6 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 12:00 Onsite Lunch Served 1:00 Bingo 2:00 Bus Departs for home	7 Nutrition Education Handout Distribution 10:00 Social Half Hour 10:30 Exercise w/Victoria 12:00 Onsite Lunch Served 1:00 Grand Visit from Ofelia 2:00 Bus Departs for home
10 10:00 Morning Social Time 11:00 Craft 12:00 Onsite Lunch Served 12:45 Balance Exercise W/Nick 2:00 Bus Departs for home	11 10:00 Social Half Hour 10:30 Exercise w/Pat G 12:00 Onsite Lunch 1:00 Manicures 2:00 Bus Departs for home 	12 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 12:00 Onsite Lunch Served 1:00 Mary Sudell Brain Teasers 2:00 Bus Departs for home	13 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 12:00 Onsite Lunch Served 1:00 Movie TBD 2:00 Bus Departs for home	14 10:00 Social Half Hour 10:30 Exercise w/Victoria 12:00 Onsite Lunch Served 1:00 Bingo\January Birthdays 2:00 Bus Departs for home 
17 10:00 Morning Social Time 11:00 TV Time 12:00 Onsite Lunch Served 12:45 Balance Exercise W/Nick 2:00 Bus Departs for home	18 10:00 Social Half Hour 10:30 Exercise W/Pat G 12:00 Onsite Lunch Served 1:00 Bingo 2:00 Bus Departs for home	19 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 12:00 Onsite Lunch Served 12:45 Site Council Meeting 1:15 Craft W/Joanne 2:00 Bus Departs for home	20 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 12:00 Onsite Lunch Served 1:00 Round table Current Event 2:00 Bus Departs for home	21 10:00 Social Half Hour 10:30 Exercise w/Victoria 12:00 Onsite Lunch Served 1:00 Shopping Trip 2:00 Bus Departs for home
24 10:00 Morning Social Time 11:00 Piano time with Laurie 12:00 Onsite Lunch Served 12:45 Balance Exercise W/Nick 2:00 Bus Departs for home	25 10:00 Social Half Hour 10:30 Exercise w/Pat G 12:00 Onsite Lunch 1:00 Manicures 2:00 Bus Departs for home 	26 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 12:00 Onsite Lunch Served 1:00 Mary Sudell Family Feud 2:00 Bus Departs for home	27 10:00 Social Half Hour 10:30 Tai Chi W/Joseph 12:00 Onsite Lunch Served 1:00 Group discussion book read 2:00 Bus Departs for home	28 10:00 Social Half Hour 10:30 Exercise w/Victoria 12:00 Onsite Lunch Served 1:00 Bingo 2:00 Bus Departs for home
31 10:00 Morning Social Time 11:00 Bingo 12:00 Onsite Lunch Served 12:45 Balance Exercise W/Nick 2:00 Bus Departs for home	The Center is Open With A Strict Reservations Policy in Place! Hours are from 10 AM-2:00 PM			