



May 2022

Point Lookout Senior Community Service Center
 15 Parkside Drive, Point Lookout, NY 11569
 516-432-5555



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 <i>The Center will be closed today in preparation for the move to our new location!</i>	3 <i>The Center will be closed today in preparation for the move to our new location!</i>	4 <i>The Center will be closed today in preparation for the move to our new location!</i>	5 10:00 "Socially Distant" Hour 10:00 Exercise with Victoria Smith 10:00 Cards/Games 11:00 Choir Rehearsal w/Bonni 12:00 Lunch 1:00 Exercise with Marvin German	6 10:00 "Socially Distant" Hour 10:00 Exercise with Teena Ben-Ari 10:00 Cards/Games 11:00 Discussion Group 12:00 Lunch 1:00 <u>Movement for Flexibility with Stephanie Durso</u>
9 10:00 "Socially Distant" Hour 10:00 Flexing, Stretching & Toning w/Nick 10:00 Cards/Games 11:00 Creative Writing with Jeri Golus 12:00 Lunch 1:00 <u>Total Body Workout with Samantha Perry</u>	10 10:00 "Socially Distant" Hour 10:00 Nutrition Educ. Handout Distribution 10:00 Exercise with Stephanie Durso 10:00 Cards/Games 11:00 "Dialogues with Dorothy" 12:00 Lunch 1:00 <u>Stretch & Strength for Life-Kathleen Regan</u>	11 10:00 "Socially Distant" Hour 10:00 Zumba Gold with Darryl Granum 10:00 Cards/Games 11:00 Bingo Bonanza for Prizes 12:00 Lunch 1:00 <u>Exercise with Teena Ben-Ari</u>	12 10:00 "Socially Distant" Hour 10:00 Exercise with Victoria Smith 10:00 Cards/Games 11:00 Choir Rehearsal w/Bonni 12:00 Lunch 1:00 Exercise with Marvin German	13 10:00 "Socially Distant" Hour 10:00 Exercise with Teena Ben-Ari 10:00 Cards/Games 11:00 Discussion Group 12:00 Lunch 1:00 <u>Movement for Flexibility with Stephanie Durso</u>
16 10:00 "Socially Distant" Hour 10:00 Flexing, Stretching & Toning w/Nick 10:00 Cards/Games 11:00 Creative Writing with Jeri Golus 12:00 Lunch 1:00 <u>Total Body Workout with Samantha Perry</u>	17 10:00 "Socially Distant" Hour 10:00 Exercise with Stephanie Durso 10:00 Cards/Games 11:00 "Dialogues with Dorothy" 12:00 Lunch 1:00 <u>Stretch & Strength for Life-Kathleen Regan</u>	18 10:00 "Socially Distant" Hour 10:00 Zumba Gold with Darryl Granum 10:00 Cards/Games 11:00 <u>"Reminiscing" with Denise and Michele</u> 12:00 Lunch 1:00 <u>Exercise with Teena Ben-Ari</u>	19 10:00 "Socially Distant" Hour 10:00 Exercise with Victoria Smith 10:00 Cards/Games 11:00 Discussion Group 12:00 Lunch 1:00 Exercise with Marvin German	20 10:00 "Socially Distant" Hour 10:00 Exercise with Teena Ben-Ari 10:00 Cards/Games 11:00 Discussion Group 12:00 Lunch 1:00 <u>Movement for Flexibility with Stephanie Durso</u>
23 10:00 "Socially Distant" Hour 10:00 Flexing, Stretching & Toning w/Nick 10:00 Cards/Games 11:00 Creative Writing with Jeri Golus 12:00 Lunch 1:00 <u>Total Body Workout with Samantha Perry</u>	24 10:00 "Socially Distant" Hour 10:00 Exercise with Stephanie Durso 10:00 Cards/Games 11:00 <u>"Food Storage Tips"</u> with Nutritionist, Khyee Siew from Cornell Cooperative 12:00 Lunch 1:00 <u>Stretch & Strength for Life-Kathleen Regan</u>	25 10:00 "Socially Distant" Hour 10:00 Zumba Gold with Darryl Granum 10:00 Cards/Games 11:00 <u>"Table Talk"</u> with Jeena Kokura, PA -sponsored by Mt. Sinai/South Nassau 12:00 Lunch 1:00 <u>Exercise with Teena Ben-Ari</u>	26 10:00 "Socially Distant" Hour 10:00 Exercise with Victoria Smith 10:00 Cards/Games 11:00 Discussion Group 12:00-2:00 Memorial Day Luncheon with entertainment	27 10:00 "Socially Distant" Hour 10:00 Exercise with Teena Ben-Ari 10:00 Cards/Games 11:00 <u>Rapping with Risa</u> 12:00 Lunch 1:00 <u>Movement for Flexibility with Stephanie Durso</u>
30 We are closed today! On Memorial Day, we remember the U.S. military personnel who have died while serving in the U.S armed forces. Please keep them in your thoughts and have a safe Memorial Day!!	31 10:00 "Socially Distant" Hour 10:00 <u>Health Screening-Nurse Anisha Matthew</u> 10:00 Exercise with Stephanie Durso 10:00 Cards/Games 11:00 <u>"Don't Get Scammed!"</u> - Nassau County Crime Victim Advocates, Nassau County PD, & Family & Children's Assoc. Financial Exploitation unit. 12:00 Lunch 1:00 <u>Stretch & Strength for Life-Kathleen Regan</u>	**15 Parkside Drive Point Lookout, NY 11569 **(please note our new address) 516-432-5555 Center Manager-Bonni Goetz		DID YOU KNOW??? Point Lookout's first known inhabitants were <u>Meroke</u> Native Americans. The first European settlers in Point Lookout were Dutch, who arrived in the 1640s, followed by the English. Point Lookout begins to appear in the mid -19th century, as a location for whalers, and as a dangerous spot for ships. It was due to the tragic wreck of the U.S.S. <u>Mexico</u> in 1837 that a U.S. Life Saving Service was created in Point Lookout.