





Monday

Tuesday

Wednesday

Thursday

Friday

	1 10:00 "Socially Distant" Hour 10:00 <u>Nutrition Educ. Handout</u> 10:00 Cards/Games 10:15 Exercise with Stephanie 11:00 <u>Sketching with Kathleen</u> 12:30 Lunch/Announcements 1:00 <u>Stretch & Strength for Life-Kathleen</u>	2 10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long with Frank</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u>	3 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Victoria 11:00 Site Council Meeting 11:30 Discussion Group 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u>	4 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <u>Bingo with LB Rehab/Spencer Schiff</u> 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie
7 10:00 "Socially Distant" Hour 10:00 Flexing, Stretching & Toning w/Nick 10:00 Cards/Games 11:00 Creative Writing w/Jeri 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u> 	8  WE ARE CLOSED TODAY	9 10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long with Frank</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u>	10 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Victoria 11:00 Literature w/ Sandra Sustain 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u>	11  WE ARE CLOSED TODAY
14 10:00 "Socially Distant" Hour 10:00 Flexing, Stretching & Toning w/Nick 10:00 Cards/Games 11:00 Creative Writing w/Jeri 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u> 	15 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:15 Exercise with Stephanie 11:00 <u>Sketching with Kathleen</u> 12:30 Lunch/Announcements 1:00 <u>Stretch & Strength for Life-Kathleen</u>	16 10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long with Frank</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u>	17 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Victoria 11:00 <u>"Table Talk" with Jeena</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u>	18 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <u>"Reminiscing" with Michele and Denise</u> 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie

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<p>21</p> <p>10:00 "Socially Distant" Hour 10:00 Flexing, Stretching & Toning w/Nick 10:00 Cards/Games 11:00 Creative Writing w/Jeri 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p> 	<p>22</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:15 Exercise with Stephanie 11:00 <u>Sketching with Kathleen</u> 12:00 Lunch/Announcements 12:30 <u>Manicures by Nassau Boces Students</u> 1:00 <u>Stretch & Strength for Life-Kathleen</u></p>	<p>23</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long with Frank</u> 12:00 Holiday Lunch 12:30 <u>"Give Thanks for BINGO"</u> 1:00 <u>Exercise with Teena</u></p>	<p>24</p> 	<p>25</p> <p>WE ARE CLOSED TODAY</p> 
<p>28</p> <p>10:00 "Socially Distant" Hour 10:00 Flexing, Stretching & Toning w/Nick 10:00 Cards/Games 11:00 Creative Writing w/Jeri 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p> 	<p>29</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 <u>Health Screening</u> 10:15 Exercise with Stephanie 11:00 <u>Sketching- Kathleen</u> 12:30 Lunch/Announcements 1:00 <u>"Understanding Sweeteners"</u> with Tiffany from Cornell Cooperative</p>	<p>30</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long with Frank</u> 12:00 Lunch/Announcements 12:30 <u>Celebration of November Birthdays</u> 1:00 <u>Exercise with Teena</u></p>	<p><i>Did you Know...?</i> <i>November's birthstone is the topaz, a yellow to amber colored stone. The ancient Greeks believed that topaz could make a wearer invisible.</i> <i>November's official flower is the chrysanthemum. Meaning 'golden flower' the chrysanthemum represents honesty, joy and optimism.</i></p>	<p><i>William Shakespeare, apparently, wasn't all too fond of November. Hailed as one of the all-time greatest writers of English literature, Shakespeare wrote 154 sonnets and 37 plays which are still in production today. In all the works that Shakespeare wrote, the month of November isn't mentioned a single time.</i></p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30am-4:00pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Exercise suggested contribution: \$2.00

Site Council Meeting: November 3rd

November Birthdays Celebration: November 30th, 2022

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.