


Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1</p> <p>9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness/Susanne 12:00 Lunch and Announcements 12:30 Group Domino Game 1:00 Word Games Puzzles</p>	<p>2</p> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Trip to Stop and Shop 1:30 Group Sing along</p>	<p>3</p> <p>9:00 Social Coffee Hour 10:45 Exercise w/Suzanne 12:00 Lunch and Announcements 12:45 Decorate Center 1:30 Group Card Game</p>	<p>4</p> <p><b>Nutrition Education Handout</b></p> <p>9:00 Social Hour Coffee, Tea 10:30 Exercise w/Victoria 12:00 Lunch and Announcements 12:45 Bingo w/Mary Sudell Emerge</p>
<p>7</p> <p>9:00 Social Hour 10:00 Group Card Game 11:00 Word Scramble and Trivia 12:00 Lunch and Announcements 12:45 Balance Exercise W/Nick</p>	<p>8</p> <p> <b>Center Closed</b> </p>	<p>9</p> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Site Council Meeting 1:15 Bingo</p>	<p>10</p> <p>9:00 Social Coffee Hour 10:45 Exercise w/Suzanne 12:00 Lunch and Announcements 12:45 Trip to Stop and Shop 1:00 Short Stories and Discussions</p>	<p>11</p> <p></p>
<p>14</p> <p>9:00 Social Hour 10:00 Group Card Game 11:00 Cornell Coop Understanding Sweeteners w/Khy 12:00 Lunch and Announcements 12:45 Balance Exercise W/Nick</p>	<p>15</p> <p><b>MOVIE</b> 9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness/Susanne 12:00 Lunch and Announcements 12:30 MOVIE &amp; POPCORN "Meet the Parents"</p>	<p>16</p> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Trip to Raindeu 1:00 Brainteasers</p>	<p>17</p> <p>9:00 Social Coffee Hour 10:45 Exercise w/Suzanne 12:00 Lunch and Announcements 12:45 Manicures 1:30 Group Card Game</p> 	<p>18</p> <p>9:00 Social Hour Coffee, Tea 10:30 Exercise w/Victoria 12:00 Lunch and Announcements 12:45 Group Name that Tune and Word Games 1:15 Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <p>9:00 Social Hour 10:45 Trip to 5 Below 11:00 Group Puzzle 12:00 Lunch and Announcements 12:45 Balance Exercise W/Nick</p>	<p>22</p> <p>9:00 Social Hour Coffee, Tea 10:00 Nurse Anisha Blood Pressure Check 10:45 Exercise Total Body Fitness/Susanne 12:00 Lunch and Announcements 12:30 Karaoke and Sing Along 1:00 Word Games Puzzles</p>	<p>23</p> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Trip to Stop and Shop 1:15 Community Table – Baked Goods</p>	<p>24</p> <p>Happy Thanksgiving</p>	<p>25</p> 
<p>28</p> <p>TRIP 9:00 Social Hour 10:00 Trip to North Merrick Craft Jewelry Making 12:00 Lunch and Announcements North Merrick</p>	<p>29</p> <p>9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness/Susanne 12:00 Lunch and Announcements 1:00 Bingo</p>	<p>30</p> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Trip to Stop and Shop 1:30 Current Event Round Table Discussion</p>		



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation: 9 AM-4 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 One Way

Exercise suggested contribution: \$2.00

Site Council Meeting: November 9<sup>th</sup> Wednesday

November Birthdays Celebration: November 18<sup>th</sup> Friday

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.  
PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &  
EXERCISE CLASSES.