

## November 2022

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

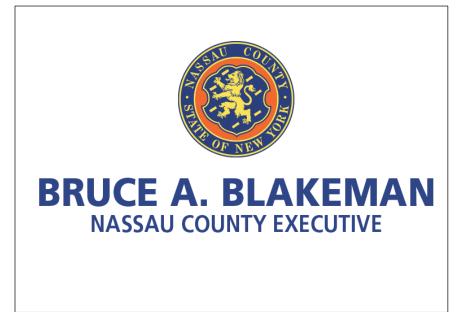


## Nassau County Office for the Aging

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
Movember	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	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	9:00 Social Coffee Hour 10:45 Exercise w/Suzanne 12:00 Lunch and Announcements 12:45 Decorate Center 1:30 Group Card Game	Nutrition Education Handout  9:00 Social Hour Coffee, Tea 10:30 Exercise w/Victoria 12:00 Lunch and Announcements 12:45 Bingo w/Mary Sudell Emerge
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	Center Closed  VOTE	9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Site Council Meeting 1:15 Bingo	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	HAPPY VETERANS DAY
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	MOVIE  9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness/Susanne 12:00 Lunch and Announcements 12:30 MOVIE & POPCORN "Meet the Parents"	9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Trip to Raindew 1:00 Brainteasers	9:00 Social Coffee Hour 10:45 Exercise w/Suzanne 12:00 Lunch and Announcements 12:45 Manicures 1:30 Group Card Game	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

Monday	Tuesday	Wednesday	Thursday	Friday	
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	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	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	Happy Thanksgiving		25
TRIP 9:00 Social Hour 10:00 Trip to North Merrick Craft Jewelry Making 12:00 Lunch and Announcements North Merrick	9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness/Susanne 12:00 Lunch and Announcements 1:00 Bingo	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			



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.