



Monday

Tuesday

Wednesday

Thursday

Friday

	1 Project Hope Presentation 10:00 Social Hour, Cards, Games, Coffee 10:45 -12:00 Project Hope Presentation on their Services 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Lloyd	2 10:00 Social Hour, Cards, Games, Coffee 10:45 Thai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45 – 1:45 Exercise with Victoria Smith	3 10:00 Social Hour, Cards, Games, Coffee 10:45 Lori Shapiro 11:45 Announcements 12:00 Lunch Onsite 12:30-1:30 Yoga with Dominic	4 10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Lunch Onsite 12:30 Cornell Extension Presentation on Nutrition 1:00 Bingo
7 10:30 Social Hour, Cards Games & Coffee 10:45 Yoga with Connie 11:45 Announcements 12:00 Lunch Onsite 12:30 Sculpture Class with Veronica Smith	8 Closed 	9 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45- 1:45 Exercise with Victoria Smith	10 10:00 Social Hour, Cards, Games, Coffee 10:45 Lori Shapiro 11:45 Announcements 12:00 Lunch Onsite 12:30-1:30 Yoga with Dominic	11 Closed 
14 10:00 Social Hour, Cards, Game, Coffee 10:45 Yoga with Connie 11:45 Announcements 12:00 Lunch Onsite 12:30 Sculpture with Veronica	15 BINGO 10:00 Social Hour, Cards, Games, Coffee 10:30 BINGO with Denise from Lynbrook Restoring Therapy 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Lloyd	16 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45- 1:45 Exercise with Victoria Smith	17 10:00 Social Hour, Cards, Games, Coffee 10:45 Lori Shapiro 11:45 Announcements 12:00 Lunch Onsite 12:30-1:30 Yoga with Dominic	18 Happy Birthday! 10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila 12:00 Lunch Onsite 12:00 Birthday Celebration









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Friday

<p>21</p> <p>10:00 Social Hour, Cards, Game, Coffee 10:45 Yoga with Connie 11:45 Announcements 12:00 Lunch Onsite 12:30 Sculpture with Veronica</p> 	<p>22</p> <p>10:00 Social Hour, Cards, Games, Coffee  10:45 -11:45 Site Council 11:45 Announcements 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Lloyd</p>	<p>23</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45- 1:45 Exercise with Victoria Smith</p> 	<p>24</p> 	<p>25</p> 
<p>28</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 – 11:45 Yoga with Connie 10:00 - 12 Health Check Up with Nurse Anisha 12:00 Lunch Onsite 12:30- 2:00 Sculpture Class with Veronica</p> 	<p>29</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 - 11:45 Bingo 11:45 Announcements 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Lloyd</p> 	<p>30</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45- 1:45 Exercise with Victoria Smith</p> 		



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: **8:30 – 4:00**

Meals suggested contribution: **\$3.00**

Transportation suggested contribution: **\$1.00**

Exercise suggested contribution: **\$ 1.00**

Site Council Meeting: **November 15**

November Birthdays Celebration: **November 18**

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