



November 2022

New Horizon Senior Community Service Center
1490 Broadway, Hewlett, NY 11557
516-374-2670



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

	1	2	3	4
	9:30 Coffee and Discussion 10:00 Movie Theme Songs 10:15 Word Puzzles 11:00 Barrie Exercise 12:00 Lunch 1:00 Karaoke 1:00 Jewelry w. OFRA* 2:00 Mahjong 3:00 Billiards	9:30 Coffee and Discussion 10:00 Yarn Group 11:00 Exercise with Anne 12:00 Lunch 1:00 Popsicle Stick Scare Crow 2:00 Mad Libs 3:00 Ping Pong	9:30 Coffee and Discussion 10:00 Karaoke – in person 10:15 Jeopardy 11:00 Tai Chi with Pat 12:00 Lunch 1:00 Musical Sign Language Learning Mahjong 2:00 Finish on Projects / Mahjong Continued	9:30 Coffee, Word Puzzles and Discussion 10:15 – Finish Crafts from the week 11-11:45 - Marlyn's Exercise 12:00 – Lunch 1:15 – Zumba w. Darrell 2:15 Feel Good Movie Fridays – Singing in the rain
7	8	9	10	11
9:30 Coffee and Socialization 10:00 – Yarn Group 11:00 Exercise with Teena 12:00 – Lunch 1:00 Popsicle Stick Truck Craft 2:00 Hangman 3:00 Air Hockey	 9:30 Coffee and Discussion 10:00 Movie Theme Songs 10:15 Barrie Exercise 11:00 Family Feud 12:00 Lunch 1:00 Karaoke 1:00 Julie Painting 2:00 Mahjong/Board Games 3:00 Card Games	9:30 Coffee and Discussion 10:00 Yarn Group 11:00 Exercise with Anne 12:00 Lunch 1:00 Self Portrait 2:00 Self Portrait Cont. 3:00 Billiards	9:30 Coffee and Discussion 10:00 Karaoke – in person 10:15 Cornell Co-op 11:00 Tai Chi with Pat 12:00 Lunch 1:00 Julie Painting (Cont) Musical Sign Language Learning Mahjong 2:00 Finish on Projects / Mahjong Continued	 9:30 Coffee, Word Puzzles and Discussion 10:15 – Finish Crafts from the week 11-11:45 - Marlyn's Exercise 12:00 – Lunch 1:15 – Zumba w. Darrell 2:15 Feel Good Movie Fridays- Little Women (2019)
14	15	16	17	18
9:30 Coffee and Socialization 10:00 – Yarn Group 11:00 Exercise with Teena 12:00 – Lunch 1:00 Bingo 2:00 Trivia 3:00 Board Games	9:30 Coffee and Discussion 10:00 Movie Theme Songs 10:15 Word Puzzles 11:00 Barrie Exercise 12:00 Lunch 1:00 Karaoke 1:00 Jewelry w. OFRA* 2:00 Mahjong 3:00 Air Hockey	9:30 Coffee and Discussion 10:00 Yarn Group 11:00 Exercise with Anne 12:00 Lunch 1:00 Fall Mosaic 2:00 Mad Libs 3:00 Card Games	9:30 Coffee and Discussion 10:00 Trip to Stores Karaoke – in person 11:00 Tai Chi with Pat 12:00 Lunch 1:00 Music w. John 1:00 Mahjong 2:00 Mahjong / Rummy kube 3:00 - Billiards	9:30 Coffee, Word Puzzles and Discussion 10:15 – Finish Crafts from the Week 11-11:45 - Marlyn's Exercise 12:00 – Lunch 1:15 – Zumba w. Darrell 2:15 Feel Good Movie Fridays- Willy Wonka & the Chocolate Factory

Monday	Tuesday	Wednesday	Thursday	Friday
<div>21</div> 9:30 Coffee and Socialization 10:00 – Yarn Group 11:00 Exercise with Teena 12:00 – Lunch – Thanksgiving Party	<div>22</div> 9:30 Coffee and Discussion 10:00 Movie Theme Songs 10:15 Barrie Exercise 11:00 Thankful Show & Tell 12:00 Lunch 1:00 Karaoke 1:00 Mahjong/Board Games 3:00 Board Games	<div>23</div> 9:30 Coffee and Discussion 10:00 Yarn Group 11:00 Exercise with Anne 12:00 Lunch 1:00 Corn Decor 2:00 Hangman 3:00 Air Hockey	<div>24</div> <div>Center Closed</div> <div>  </div>	<div>25</div> <div>  </div> <div>Center Closed</div>
<div>28</div> 9:30 Coffee and Socialization 10:00 – Yarn Group 11:00 Exercise with Teena 12:00 – Lunch 1:00 Jingo 2:00 Billiards 3:00 Billiards	<div>29</div> 9:30 Coffee and Discussion 10:00 Movie Theme Songs 10:15 Word Puzzles 11:00 Barrie Exercise 12:00 Lunch 1:00 Karaoke 1:00 Jewelry w. OFRA* 2:00 Mahjong 3:00 Card Games	<div>30</div> 9:30 Coffee and Discussion 10:00 Yarn Group 11:00 Exercise with Anne 12:00 Lunch 1:00 Painting 2:00 Mad Libs 3:00 Board Games		



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 9:30-3:30

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

**PLEASE CALL TO RESERVE MEALS ATLEAST 24 HOURS IN
ADVANCE!!**