

Monday





Tuesday

Wednesday

Thursday

Friday

		<p>1</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 1:00 Arts & Crafts w/ Oak Street Health</p> 	<p>2</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Lori 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic</p> 	<p>3</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise w/ Sheila 12:00 Lunch 12:30 Announcements 1:00 Bingo w/ Denise from Lynbrook Restorative Therapy and Nursing</p> 
<p>6</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:30 BOCES Manicures</p> 	<p>7</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 CORNELL Gardening Houseplant. Space is limited. Reservation is required</p>  <p>12:00 Lunch 1:00 Exercise w/ Lloyd</p>	<p>8</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:30 Shopping Day at Gala Foods Supermarkets</p>  <p><i>Reservation is required</i></p>	<p>9</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Lori 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic</p> 	<p>10</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise w/ Sheila 12:00 Lunch 12:30-2 pm CORNELL Nutrition Counseling. Space is limited. Reservation is required</p> 
<p>13</p> <p>10:00 Social Hour, Cards, Game, Coffee 10:30 - 12:00 Come Chat & Explore our Creativity w/ Debra from NY Project Hope</p>  <p>12:00 Lunch 12:45 Exercise w/ Sam</p>	<p>14</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:15 Holi Celebration. Join Us for an Educational Presentation</p> <p>11:15 Chorus w/ Frank 11:00 Announcements 12:00 Lunch 1:00 Exercise w/ Lloyd</p>	<p>15</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 1:00 Yoga w/ Connie. Only this week on Wed</p> 	<p>16</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/Lori 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic</p> 	<p>17</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise w/ Sheila 12:00 Lunch 12:45 CORNELL Nutrients of Concern/ Supplements</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>10:00 Social Hour, Cards, Game, Coffee 10:45 Yoga w/Connie 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Sam</p> 	<p>21</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 CORNELL Cooking Potato Pierogies. <i>Space is limited. Reservation is required</i> 12:00 Lunch 1:00 Exercise w/ Lloyd</p> 	<p>22</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 1:00 Reminiscence Class w/ Denise and Michele</p> <p>REMINISCENCE</p>	<p>23</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Lori 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic</p>	<p>24</p> <p>New York Coalition for Transportation Safety - NYCTS 10:00 St. Patrick's Celebration w/ Oak Street Health 11:00 Exercise w/ Sheila 12:00 Lunch 12:30 Announcements 1:00 Staying Safe Workshop w/Transportation Safety (NYCTS)</p>
<p>27</p> <p>10:00 Social Hour, Cards, Game, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:30 Arts & Crafts w/ AETNA</p>	<p>28</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:15 Site Council Meeting 11:15 Chorus w/ Frank 12:00 Lunch 1:00 Exercise w/ Lloyd</p> 	<p>29</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 1:00 Bingo w/ Oak Street Health</p> <p>BINGO</p>	<p>30</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Lori 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic</p>	<p>31</p> <p>HAPPY BIRTHDAY!</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise w/ Sheila 12:00 Lunch 12:30 Announcements 1:00 Birthday Celebration</p> 



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30- 4:00

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 Each way

Exercise suggested contribution: \$ 2.00

Site Council Meeting: March 28

Birthdays Celebration: March 31

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