



# March 2023

**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 9:30 Coffee and Discussion 10:15 Committee Meetings w. Fran 11:00 Exercise with Anne 12:00 Lunch – 1:00 Oscar Movie Wednesdays – The Fabelmans 1:00 – Painting w. Julie *Sign up with Victoria Space Limited 3:00 Air Hockey	2 9:30 Coffee and Discussion 10:00 Karaoke – in person 11:00 Hangman 11:00 Tai Chi with Pat 12:00 Lunch 1:00 Musical Sign Language Learning Mahjong 2:00 Finish on Projects / Mahjong Continued	3 9:30 Coffee, Word Puzzles and Discussion 10:15 – Arts & Crafts 11-11:45 - TV Exercise 12:00 – Lunch 1:15 – Zumba w. Darrell 2:15 Finish Projects
6 9:30 Coffee and Socialization 10:00 – Yarn Club 11:00 Exercise with Teena 12:00 – Lunch 1:00 Book Club 2:00 Bowling 3:00 Air Hockey	7 9:30 Coffee and Discussion 10:15 <b>Barrie Exercise</b> 11:00 <b>Cooking w. Cornell Co-op – Potato Pierogis</b> 11:15 <b>Music with John* New Time</b> 12:15 Lunch 1:00 Karaoke 1:00 Ofra - Jewelry 2:00 Mahjong/Board Games 3:00 Card Games	8 9:30 Coffee and Discussion 10:15 Committee w. Fran 11:00 Exercise with Anne 12:00 Lunch 1:00 Oscar Movie Wednesdays – Miss Harris Goes to Paris 1:00 Card Games 3:00 Billiards	9 9:30 Coffee and Discussion 10:00 Karaoke – in person 11:00: <b>Jeopardy</b> 11:00 Tai Chi with Pat 12:00 Lunch 1:15 – <b>Nutrition w. Cornell Co-op</b> 1:00 Musical Sign Language Learning Mahjong 2:00 Finish on Projects / Mahjong Continued	10 9:30 Coffee, Word Puzzles and Discussion 10:15 – Board Games 11-11:45 - TV Exercise 12:00 – Lunch 1:15 – Zumba w. Darrell 2:15 Finish Projects
13 9:30 Coffee and Socialization 10:00 – Yarn Club 11:00 Exercise with Teena 12:00 – Lunch 1:00 Book Club 2:00 Baggo 3:00 Ping Pong	14 9:30 Coffee and Discussion 10:15 <b>Barrie Exercise</b> 11:15 <b>Music with John</b> 12:15 Lunch 1:00 Karaoke 1:00 Mahjong 2: Mahjong Cont. Board games 3:00 Air Hockey	15 9:30 Coffee & Discussion 10:15 Committee w. Fran 11:00 Exercise with Anne 12:00 Lunch 1:00 Oscar Movie Wednesdays – The Banshees of Insherin 2:00 Ping Pong	16 9:30 Coffee and Discussion 10:00 Karaoke – in person 11:00 <b>St. Patricks Day Craft</b> 11:00 Tai Chi with Pat 12:00 Lunch 1:00 Music w. John 1:00 Mahjong 2:00 Mahjong / Rummy cube 3:00 - Billiards	17 9:30 Coffee, Word Puzzles and Discussion 10:15 – Hangman 11-11:45 – TV Exercise 12:00 – Lunch 1:15 – Zumba w. Darrell 2:15 Finish Projects  <b>HAPPY ST. PATRICKS DAY</b>

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
9:30 Coffee and Socialization 10:00 – Yarn Club 11:00 Exercise with Teena 12:00 – Lunch <b>1:00 Book Club</b> 2:00 Rummykub 3:00 Basketball	9:30 Coffee and Discussion <b>10:15 Barrie Exercise</b> <b>11:15 Music with John</b> 12:15 Lunch 1:00 Ofra – Jewelry 1:00 Mahjong/Board Games 3:00 Board Games	9:30 Coffee and Discussion 10:15 Committee w. Fran 11:00 Exercise with Anne 12:00 Lunch – 1:00 Oscar Movie Wednesdays – Guillermo del Toro’s Pinocchio 2:00 Air Hockey	9:30 Coffee and Discussion Karaoke – in person 11:00 Tai Chi with Pat 11:00 Scattergories 12:00 Lunch 1:00 Music w. John 1:00 Mahjong 2:00 Mahjong / Rummy cube 3:00 - Billiards	9:30 Coffee, Word Puzzles and Discussion 10:15 – Arts & Crafts 11-11:45 - TV Exercise 12:00 – Lunch 1:15 – Zumba w. Darrell 2:15 Finish Projects
27	28	29	30	31
9:30 Coffee and Socialization <b>10:00 – Gardening Program w. Cornell Co-op</b> 11:00 Exercise with Teena 12:00 – Lunch <b>1:00 Book Club</b> 2:00 Bowling 3:00 Basketball	9:30 Coffee and Discussion <b>10:15 Exercise w. Barrie</b> <b>11:15 – Music w. John</b> 12:15 Lunch – 1:00 Karaoke 1:00 Mahjong 3:00 Card Games	9:30 Coffee and Discussion 10:15 Committee w. Fran 11:00 Exercise with Anne 12:00 Lunch – 1:00 Movie Wednesdays – Ticket to Paradise 2:00 Board Games	9:30 Coffee and Discussion Karaoke – in person 11:00 Tai Chi with Pat <b>11:00 Family Feud</b> 12:00 Lunch <b>BirthDay Celebration</b> 1:00 Music w. John 1:00 Mahjong 2:00 Mahjong / Rummy cube 3:00 - Billiards	9:30 Coffee, Word Puzzles and Discussion 10:15 – Board games 11-11:45 - TV Exercise 12:00 – Lunch 1:15 – Zumba w. Darrell 2:15 Finish Projects



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

Hours of Operation: 9:30-3:30

Meals suggested contribution: 3.00

Transportation suggested contribution: 1.00 (oneway)

Exercise suggested contribution: 2.00

Site Council Meeting: Wednesdays

Birthdays Celebration: March 30th

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