





Monday

Tuesday

Wednesday

Thursday

Friday

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| <p>Hope the magical colors of spring fill your life with happiness and fun.</p>  | <p>Happy Birthday To everyone who celebrates Their birthdays in March!</p>  | <p style="text-align: right;">1</p> <p>9:30 Social hour/coffee time 10:30-12:00 Billiard 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcement 2:00 Bus leaves the center</p> | <p style="text-align: right;">2</p> <p>9:30 Social hour/coffee time 10:00 Intergenerational 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Lloyd 1:45 Announcements 2:00 Bus leaves the center</p> | <p style="text-align: right;">3</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards 10:30-12:00 Quilting class with Victoria 11:00 Workout with Samantha 12:00 Lunch 12:30 Shopping 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center</p> |
| <p style="text-align: right;">6</p> <p>9:30 Social hour/coffee time 10:00-12:00 Cards 10:30-11:45 Trip to Dollar Store 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center</p> | <p style="text-align: right;">7</p> <p>9:30 Social hour/coffee time 10:00-1:45 Intergenerational 10:00- 2:00 St. Francis Hospital Outreach Bus 10:30 Exercise with Cindi 12:00 Lunch 12:45 Chorus with Frank 1:30 Puzzle competition 1:55 Announcement 2:00 Bus leaves the center</p> | <p style="text-align: right;">8</p> <p>International Women's Day 9:30 Social hour/coffee time 10:30-12:00 Billiard 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcement 2:00 Bus leaves the center</p> | <p style="text-align: right;">9</p> <p>9:30 Social hour/coffee time 10:00-1:45 Intergenerational 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Lloyd 1:45 Announcements 2:00 Bus leaves the center</p> | <p style="text-align: right;">10</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards 10:30-12:00 Quilting class with Victoria 11:00 Workout with Samantha 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center.</p> |
| <p style="text-align: right;">13</p> <p>9:30 Social hour/coffee time 10:00-12:00 Cards 11:00- Oak Street Health – Presentation /Bingo 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center</p> | <p style="text-align: right;">14</p> <p>National Potato Chip Day</p> <p>9:30 Social hour/coffee time 10:00-1:45 Intergenerational 10:00 Exercise with Cindi 11:00 Nutrition Education 12:00 Lunch 12:45 Chorus with Frank 1:30 Site Council meeting 1:45 Announcement 2:00 Bus leaves the center</p> | <p style="text-align: right;">15</p> <p>9:30 Social hour/coffee time 10:30-12:00 Billiard 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcement 2:00 Bus leaves the center</p> | <p style="text-align: right;">16</p> <p>9:30 Social hour/coffee time 10:00-1:45 Intergenerational 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Lloyd 1:45 Announcements 2:00 Bus leaves the center</p> | <p style="text-align: right;">17</p> <p>Saint Patrick's Day</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards 10:30-12:00 Quilting class with Victoria 11:00 Workout with Samantha 12:00 Lunch 12:30 Shopping 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center</p> |

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| <p>PARTY TIME 20</p> <p>9:30 Social hour/coffee time 10:00-12:00 Cards 10:30- Fitness Fun with Victoria 12:00 Lunch 12:30-1:45 Spring party with music By John Ciotta 1:45 Announcements 2:00 Bus leaves the center</p> | <p>21</p> <p>9:30 Social hour/coffee time 10:00-1:45 Intergenerational 10:30 Exercise with Cindi 12:00 Lunch 12:45 Wise workout with Victoria 1:45 Announcement 2:00 Bus leaves the center</p> | <p>22</p> <p>9:30 Social hour/coffee time 10:30-12:00 Billiard 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcement 2:00 Bus leaves the center</p> | <p>23</p> <p>9:30 Social hour/coffee time 10:00-1:45 Intergenerational 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Lloyd 1:45 Announcements 2:00 Bus leaves the center.</p> | <p>B-Day Celebration 24</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards 10:30-12:00 Quilting class with Victoria 11:00 Workout with Samantha 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center</p> |
| <p>27</p> <p>9:30 Social hour/coffee time 10:00-12:00 Cards 11:00- Bingo with Denise from Lynbrook Rehabilitation Center. 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center</p> | <p>28</p> <p>9:30 Social hour/coffee time 10:00-1:45 Intergenerational 10:00-12:00 Health Assessment 10:30 Exercise with Cindi 12:00 Lunch 12:30 Arts and Crafts sponsored by Aetna 1:55 Announcement 2:00 Bus leaves the center</p> | <p>29</p> <p>9:30 Social hour/coffee time 10:30-12:00 Billiard 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcement 2:00 Bus leaves the center</p> | <p>30</p> <p>9:30 Social hour/coffee time 10:00-1:45 Intergenerational 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Lloyd 1:45 Announcements 2:00 Bus leaves the center</p> | <p>31</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards 10:30-12:00 Quilting class with Victoria 11:00 Workout with Samantha 12:00 Lunch 12:30 Shopping 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center</p> |



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30- 4:00
 Meals suggested contribution: \$3.00.
 Transportation suggested contribution: \$1 each way.
 Exercise suggested contribution: \$2.
 Site Council Meeting: 3/14/2023
 Birthdays Celebration: 3/24/2023
 RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.