



Monday

Tuesday

Wednesday

Thursday

Friday

		1	2	3
<p>March is National Nutrition Month</p>		<p>9:30 Social Coffee Hour            10:30 Tai Chi W/Joseph            12:00 Lunch and Announcements            12:45 Art Expressions With Jason Barba</p>	<p>9:00 Social Coffee Hour            10:45 Exercise w/Suzanne            12:00 Lunch and Announcements            12:40 Manicures by Boces</p>	<p>9:30 Social Half Hour            10:30 Exercise w/Victoria            12:00 Lunch and Announcements            12:30 Group Discussion            1:00-2:00 Bingo</p>
<p>6</p> <p>9:00 Social Hour            10:00 Group Card Game            11:00 Desert Dish Garden Workshop Sponsored by Cornell            12:00 Lunch and Announcements            12:45 Balance Exercise W/Nick</p>	<p>7</p> <p>9:00 Social Hour Coffee, Tea            10:45 Exercise Total Body Fitness/Susanne            12:00 Lunch and Announcements            12:45 Group Puzzle            1:30 Bingo</p>	<p>8</p> <p>9:30 Social Coffee Hour            10:30 Tai Chi W/Joseph            12:00 Lunch and Announcements            12:30 Jennifer on Piano            1:00-2:00 Trip to Trader Joes</p>	<p>9</p> <p>9:00 Social Coffee Hour            10:45 Exercise w/Suzanne            12:00 Lunch and Announcements            12:40 Trip to Stop and Shop            1:30-2:00 Group Card Game</p>	<p>10</p> <p><b>Nutrition Education Handout</b></p> <p>9:00 Social Hour Coffee, Tea            10:30 Exercise w/Victoria            12:00 Lunch and Announcements            12:45 Decorate Center            1:15 Bingo</p>
<p>13</p> <p>9:00 Social Hour            10:00 Group Card Game            11:00 Cornell Coop Nutrients of Concern/Supplements            12:00 Lunch and Announcements            12:45 Balance Exercise W/Nick</p>	<p>14</p> <p>9:00 Social Hour Coffee, Tea            10:45 Exercise Total Body Fitness/Susanne            12:00 Lunch and Announcements            1:00 Sing Along            1:30-2:00 Trivia Game</p>	<p>15</p> <p>9:30 Social Coffee Hour            10:30 Tai Chi W/Joseph            12:00 Lunch and Announcements            12:30 Round Table Current Event Discussion            1:00-2:00 Group Card Game</p>	<p>16</p> <p>9:00 Social Coffee Hour            10:45 Exercise w/Suzanne            12:00 Lunch and Announcements            12:40 Trip to Stop and Shop            1:30 Group Card Game</p>	<p>17</p> <p><b>Saint Patrick's Day</b></p> <p>9:00 Social Hour Coffee, Tea            10:30 Exercise w/Victoria            12:00 Lunch and Announcements            12:45 Irish Music and Dance            1:15 Bingo</p>

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Friday

20	21	22	23	24
<p>9:00 Social Hour  10:00 Hicks Nursery Flower  And Garden Show  12:00 Lunch and  Announcements  12:45 Balance Exercise W/Nick</p>	<p style="text-align: center;"><b>Craft</b></p> <p>9:00 Social Hour Coffee, Tea  10:45 Exercise Total Body  Fitness/Susanne  12:00 Lunch and  Announcements  12:30 Craft Decorate a  Picture Frame</p>	<p>9:30 Social Coffee Hour  10:30 Tai Chi W/Joseph  12:00 Lunch and  Announcements  12:45 Site Council Meeting  1:00-2:00 Bing</p>	<p>9:00 Social Coffee Hour  10:45 Exercise w/Suzanne  12:00 Lunch and  Announcements  12:40 Trip Raindew  1:30 Group Card Game</p>	<p>9:30 Social Half Hour  10:30 Exercise w/Victoria  12:00 Lunch and  Announcements  12:45 Reminising with Michelle  Wachter Let's go Back in time</p>
27	28	29	30	31
<p>9:00 Social Hour  10:00 Group Dominos  10:30 Trip to Trader Joes  12:00 Lunch and  Announcements  12:45 Balance Exercise W/Nick</p>	<p>9:00 Social Hour Coffee, Tea  10:45 Exercise Total Body  Fitness/Susanne  12:00 Lunch and  Announcements  12:45 Movie Forrest Gump</p>	<p>9:30 Social Coffee Hour  10:30 Tai Chi W/Joseph  12:00 Lunch and  Announcements  12:45 Site Council Meeting  1:00-2:00 Bingo</p>	<p>9:00 Social Coffee Hour  10:45 Exercise w/Suzanne  12:00 Lunch and  Announcements  12:40 Manicures by Boces</p> 	<p>9:00 Social Hour Coffee, Tea  10:30 Exercise w/Victoria  12:00 Lunch and  Announcements  12:45 Birthday Party March  Birthdays  1:15 Bingo</p> 



**BRUCE A. BLAKEMAN**  
**NASSAU COUNTY EXECUTIVE**

Hours of Operation: 9am-4 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1 each way

Exercise suggested contribution: \$2 class

Site Council Meeting: March 22<sup>nd</sup>

Birthdays Celebration: March 31<sup>st</sup>

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