

November 2023

Point Lookout Senior Community Service Center
15 Parkside Drive, Point Lookout, NY 11569
516-432-5555



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

<p>Please support the Point Lookout Senior Center's Food Donation Drive by bringing in non-perishable foods. Food will be donated to a worthy cause. Thanking you in advance!!</p>	<p>*Friday, November 17th (10:00am-12:00pm) Health Screenings by the Harmony Healthcare Mobile Coach. By appointment only!</p>	<p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Nutrition Educ. Handout 10:00 Exercise with Pat 11:00 "Train Your Brain" presented by Melissa Katz, LCSW. 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 "The Basics of Medicare" with Michael Regan of Senior Services of North America 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>
<p>10:00 "Socially Distant" Hour 10:00 Flex, Stretch & Tone 10:00 Cards/Games 11:00 Creative Writing w/Jeri 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>WE ARE CLOSED FOR ELECTION DAY!!!</p>	<p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u> 1:00 Site Council Meeting</p>	<p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 Sing-a-long with Laurie 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>WE ARE CLOSED FOR VETERAN'S DAY!!!</p>
<p>10:00 "Socially Distant" Hour 10:00 Flex, Stretch & Tone 10:00 Cards/Games 11:00 Creative Writing w/Jeri 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Sketching with Kathleen Regan 12:00 Lunch/Announcements 1:00 Stretch and Strength for Life-Kathleen Regan 1:00 Needlepoint with Terese</p>	<p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 Frame Decorating sponsored by AETNA 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 "Lowering Prescription Drug Costs" with Michael Regan of Senior Services of North America 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>10:00 "Socially Distant" Hour 10:00 Flex, Stretch & Tone 10:00 Cards/Games 11:00 Creative Writing w/Jeri 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>21</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Sketching with Kathleen Regan 12:00 Lunch/Announcements 12:00 "Let's Give Thanks" 1:00 Stretch and Strength for Life- Kathleen Regan 1:00 Needlepoint with Terese</p>	<p>22</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>23</p> <p>WE ARE CLOSED</p> 	<p>24</p> <p>WE ARE CLOSED</p> 
<p>27</p> <p>10:00 "Socially Distant" Hour 10:00 Flex, Stretch & Tone 10:00 Cards/Games 11:00 Creative Writing w/Jeri 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>28</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 "Balance with Brian" from Lynbrook Restorative Therapy 12:00 Lunch/Announcements 1:00 <u>Exercise with Sheila</u> 1:00 Needlepoint with Terese</p>	<p>29</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>30</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 "Mind Diet"-Cornell Cooperative 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>Social Workers from EAC's Case Management Office will be on the premises twice this month to answer any questions you may have. Dates for this month are: Thursday, November 9th and Thursday, November 30th (11:00am-12:00pm)</p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30AM-4:00PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Exercise suggested contribution: \$2.00

Site Council Meeting: November 8th

Birthdays Celebration: November 30th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.