

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1</p> <p>CRAFT</p> <p>9:00 Social Coffee Hour 10:00 Name that Tune 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Craft Turkey Blackboard Funny Sayings</p>	<p>2</p> <p>9:00 Social Coffee Hour 9:30 TV time 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:40 Trip to Stop and Shop 1:00-2:00 Group Round Table Current Event discussion</p> 	<p>3</p> <p>9:00 Social Hour Coffee, Tea 10:30 Chair Yoga w/Victoria 12:00 Lunch and Announcements 12:30 Group Puzzle 1:00 Quest Speaker Michelle from Lynbrook Restorative Medicare and Medicaid Options</p>
<p>6</p> <p>9:00 Social Hour Coffee Tea 10:00 Trip to Target 11:00 Cornell Nutrition Workshop Mind Diet 12:00 Lunch and Announcements 12:45 Balance Exercise W/Sheila</p>	<p>7</p> <p>ELECTION DAY CENTER CLOSED</p> 	<p>8</p> <p>Site Council Meeting</p> <p>9:00 Social Coffee Hour 10:00 Site Council Meeting 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Manicures</p> 	<p>9</p> <p>9:00 Social Coffee Hour 9:30 Group Puzzle 10:45 Exercise w/Susanne 12:00 Lunch and Announcements Pledge 12:40 Trip to Stop and Shop 1:00-2:00 TV Trivia w/Mary</p> 	<p>10</p> <p>CENTER CLOSED VETERANS DAY</p> 
<p>13</p> <p>9:00 Social Hour Coffee Tea 10:00 Bingo 10:30 Trip to Target 12:00 Lunch and Announcements 12:45 Balance Exercise W/Sheila</p>	<p>14</p> <p>9:00 Social Hour Coffee, Tea 10:45 Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:40 Circle of Wisdom Different Topic Every Month</p>	<p>15</p> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Talent Show Please Sign Up for this Exciting Event</p> 	<p>16</p> <p>9:00 Social Coffee Hour 9:30 Group Domino Game 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:40 Trip to Stop and Shop 1:00-2:00 Group Round Table Current Event discussion</p> 	<p>17</p> <p>Nutrition Education Handout 9:00 Social Hour Coffee, Tea 10:30 Chair Yoga w/Victoria 12:00 Lunch and Announcements 1:00 November Birthdays Bingo</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<div>20</div> <p>Thanksgiving Meal</p>  <p>9:00 Social Hour Coffee 10:00 Harvest Party 12:00 Holiday Lunch and Announcements 12:45 Balance Exercise W/Sheila</p>	<div>21</div> <p>9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:40 Round Table Current Event 1:15 Brain Games and Trivia</p>	<div>22</div> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 11:45 Site Council Meeting 12:00 Lunch and Announcements 1:00 AETNA EVENT TINA TURNER IMPERSONATOR</p>	<div>23</div> <p>HAPPY THANKSGIVING DAY Center Closed</p> 	<div>24</div> <p>Happy THANKSGIVING Center Closed</p> 
<div>27</div> <p>9:00 Social Hour Coffee Tea 10:00 Morning Crossword Puzzles 10:30 Trip to Target 12:00 Lunch and Announcements 12:45 Balance Exercise W/Sheila</p>	<div>28</div> <p>9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:40 Trip to Stop and Shop 12:45 Bingo</p> 	<div>29</div> <p>9:00 Social Coffee Hour 10:00 Name That Tune 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Christmas Give Back Project and Cards</p>	<div>30</div> <p>CRAFT</p> <p>9:00 Social Coffee Hour 9:30 Group Puzzle 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 1:00-2:00 CRAFT Sponsored by WellCare Stained Glass Suncatcher</p>	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 9 AM-4 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Exercise suggested contribution: \$2.00

Site Council Meeting: Nov. 8th

Birthdays Celebration: Nov. 17th

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