

November 2023

**Herricks Senior Community Service Center
999 Herricks Rd, New Hyde Park, NY 11040
(516) 305-8976**



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

Carol, Angela, Lynn, Kim and Joyce Welcome you to Herricks!!		1 PROGRAM CLOSED	2 PROGRAM CLOSED	3 10:00 Chair Yoga w/ Dhara 11:00-11:30 Nutrition Education 11:30 Lunch Hot: 12:45 Tai Chi w/ Joe TURN CLOCKS BACK 1 HOUR BEFORE YOU GO TO BED ON SATURDAY NIGHT
6 9:00 Adelphi Nurses 9:45 NO Line Dancing NO 10:00 Mah Jongg 11:00 Site Council 11:30 Lunch Hot: 12:45 Arthritis Exercise w/Barrie	7 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:00 Lunch Hot: 11:45 NYC Center: Flamenco Performance 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	8 PROGRAM CLOSED	9 PROGRAM CLOSED	10 Veteran's Day Observed PROGRAM CLOSED
13 9:00 Adelphi Nurses 9:45 Line Dancing 10:00 Mah Jongg 11:30 Lunch Hot: 12:45 NO Exercise w/Barrie NO Happy Diwali	14 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	15 PROGRAM CLOSED	16 PROGRAM CLOSED	17 10:00 Chair Yoga w/ Dhara 11:00-11:30 Senior Center of North America: Lowering Drug Costs/sign ups for 1:1's for 12/4 11:30 Lunch Hot: 11:45 Eileen & Peter Birthday entertainment 12:45 Tai Chi w/ Joe

Monday	Tuesday	Wednesday	Thursday	Friday
<div>20</div> 9:00 Adelphi Nurses 9:45 Line Dancing 10:00 Mah Jongg 11:30 Lunch Hot: 12:45Arthritis Exercise w/Barrie	<div>21</div> 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: 11:45 Laurie on piano 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	<div>22</div> PROGRAM CLOSED	<div>23</div> HAPPY THANKSGIVING PROGRAM CLOSED	<div>24</div> PROGRAM CLOSED
<div>27</div> 9:00 Adelphi Nurses 9:45 Line Dancing 10:00 Mah Jongg 10:45Sammy Davis Jr.entertains 11:30 Lunch Hot: 12:45Arthritis Exercise w/Barrie	<div>28</div> 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: 12:15 Diwali Dance Celebration 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	<div>29</div> PROGRAM CLOSED	<div>30</div> PROGRAM CLOSED	



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

WELCOME TO HERRICKS SCSC !! Please ring bell to enter Door #10 on Talbot Street. We are nondenominational open to seniors (60+) residing in Nassau County.

HOURS of Program Operation: Monday, Tuesday, Friday 9-2 **LUNCH:** \$3.00 suggested contribution each meal. Register for lunch 3-4 days in advance or your name will be put on the wait list for lunch that day. Vegetarian meals available. **EXERCISE/CREATIVE CLASSES:** \$2.00 suggested contribution each class **TRANSPORTATION:** \$2.00 suggested contribution from Albertson, Williston Park, East Williston, Garden City Park, Mineola, New Hyde Park, Searingtown, Roslyn.

Site Council Monday 11/6, 11:00 /Laurie on piano Tues. 11/21, 11:00 Birthday Entertainment with Peter and Eileen Friday 11/17, 11:00

THANK YOU to HERRICKS UFSD and HERRICKS COMMUNITY FUND FOR YOUR SUPPORT!