

April 2024

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>1</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 11:30 <u>Potpourri with Dorothy</u> 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>2</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>3</p> <p>10:00 "Socially Distant" Hour 10:00 Nutrition Educ. Handout 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long with Frank</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>4</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 Bingo for Prizes 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>5</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Site Council Mtg. 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>
<p>8</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 11:30 <u>Potpourri with Dorothy</u> 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>9</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>10</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Earth Day Project-sponsored by AETNA-with Katherine</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>11</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 <u>"Fall Prevention & Balance"</u> with Francene Stauber, DPT-sponsored by Mount Sinai/South Nassau Hospital 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>12</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Sing-a-long with Laurie 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>
<p>15</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 11:30 <u>Potpourri with Dorothy</u> 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>16</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>17</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long with Frank</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>18</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 <u>Hat Decorating</u>-with Katherine-(sponsored by Senior Whole Health) 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>19</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 "Stress Awareness" presented by HHLI 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 11:30 <u>Potpourri with Dorothy</u> 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>23</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>24</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long with Frank</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>25</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 <u>"Are You Smarter Than a Nutritionist?"-Cornell Cooperative</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>26</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <u>"Reminiscing" with Denise and Michele</u> 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>
<p>29</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 11:30 <u>Potpourri with Dorothy</u> 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>30</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>A Social Worker from EAC's Case Management Office will be on the premises on Thursday, April 18th to answer any questions you may have. (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: April 5th

Birthdays Celebration: April 30th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.