

**April 2024**

**Port Washington Senior Community Service Center**  
**9 Carlton Ave, Port Washington NY 11050**  
**516-944-9654**



# **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

1	2	3	4	5
9:00 Social Hour Coffee Tea 9:30 Group Puzzle 10:00 TV Game shows <b>11:00-11:45 Cornell</b> <b>"Are you smarter than a Nutritionist?"</b> 12:00 Lunch and Announcements <b>12:45 Balance Exercise W/Nick</b> 2:00 Bus Leaves the Center	<b>Saint Cecilia Room</b> 9:00 Social Hour Coffee, Tea <b>10:45 Exercise Total Body Fitness w/Susanne</b> 12:00 Lunch and Announcements <b>12:45 Circle of Wisdom</b> <b>Different topic every Month</b> 1:30 Group Card Game 2:00 Bus Leaves the Center	9:00 Social Coffee Hour <b>10:30 Tai Chi W/Joseph</b> 11:30 Inter-Generational Group 12:00 Lunch and Announcements 12:45 New Event Walking Club <b>1:00 Decorate Center</b> 2:00 Bus Leaves the Center	9:00 Social Coffee Hour 9:30 Group Puzzle <b>10:45 Exercise w/Susanne</b> 12:00 Lunch and Announcements <b>12:40 Trip to Stop and Shop</b> 1:00-2:00 Wisdom Circle  2:00 Bus Leaves the Center	<b>Nutrition Education Handout</b> 9:00 Social Hour Coffee, Tea 9:30 Group Puzzle <b>10:30 Chair Yoga w/Victoria</b> 12:00 Lunch and Announcements 12:45 Group Dominos <b>1:15 Bingo</b> 2:00 Bus Leaves the Center
8	9	10	11	12
9:00 Social Hour Coffee Tea 9:30 Group Puzzle <b>11:00-11:45 Walk on Bar Beach Boardwalk</b> 12:00 Lunch and Announcements <b>12:45 Balance Exercise W/Nick</b> 2:00 Bus Leaves the Center	9:00 Social Hour Coffee, Tea <b>10:45 Exercise Total Body Fitness w/Susanne</b> 12:00 Lunch and Announcements <b>1:00 Left Center Right Game</b> 2:00 Bus Leaves the Center	9:00 Social Coffee Hour <b>10:30 Tai Chi W/Joseph</b> 11:30 Inter-Generational Group 12:00 Lunch and Announcements 12:45 Walking Club 1:00 Coloring and Word games 2:00 Bus Leaves the Center	9:00 Social Coffee Hour 9:30 Group Card Game <b>10:45 Exercise w/Susanne</b> 12:00 Lunch and Announcements <b>12:40 Trip to Stop and Shop</b> 1:00-2:00 Craft 	9:00 Social Hour Coffee, Tea 9:30 Group Puzzle 9:45 Leave for Emerge Rehab <b>10:30 The Healthy Beat</b> 12:00 Lunch and Announcements 12:45 Group Dominos <b>1:15 Bingo</b> 2:00 Bus Leaves the Center
15	16	17	18	19
9:00 Social Hour Coffee 9:30 Tea Party <b>11:00-11:45 Chorus Singing with Frank</b> 12:00 Lunch and Announcements <b>12:45 Balance Exercise W/Nick</b> 2:00 Bus Leaves the Center	9:00 Social Hour Coffee, Tea <b>10:45 Exercise Total Body Fitness w/Susanne</b> 12:00 Lunch and Announcements <b>12:45 Jeopardy Sponsored by Ricky from Emerge</b> 2:00 Bus Leaves the Center	9:00 Social Coffee Hour <b>10:30 Tai Chi W/Joseph</b> 11:30 Inter-Generational Group 12:00 Lunch and Announcements 12:45 Walking Club 1:15 Ice Cream Social 2:00 Bus Leaves the Center	9:00 Social Coffee Hour 9:30 TV Old Sitcoms <b>10:45 Exercise w/Susanne</b> 12:00 Lunch and Announcements <b>12:40 Trip to Stop and Shop</b> 1:00-2:00 TV Trivia w/Mary  2:00 Bus Leaves the Center	9:00 Social Hour Coffee, Tea 9:30 Group Puzzle 10:00 Site Council Officers and Chair Members Meeting <b>10:30 Chair Yoga w/Victoria</b> 12:00 Lunch and Announcements <b>12:30 April Birthdays</b> 1:00 Bingo  2:00 Bus Leaves the Center

Monday	Tuesday	Wednesday	Thursday	Friday
<div>22</div> <div><b>EARTH Day</b></div> <div>9:00 Social Hour Coffee Tea</div> <div>9:30 Group Dominos</div> <div>11:00-11:45 Chorus Singing with Frank</div> <div>12:00 Lunch and Announcements</div> <div>12:45 Balance Exercise W/Nick</div> <div></div>	<div>23</div> <div>9:00 Social Hour Coffee, Tea</div> <div>10:45 Exercise Total Body Fitness w/Susanne</div> <div>12:00 Lunch and Announcements</div> <div>12:45 Craft with Debra Charles Evans Center</div> <div>Earth Day theme</div> <div>2:00 Bus Leaves the Center</div>	<div>24</div> <div>9:00 Social Coffee Hour</div> <div>10:30 Tai Chi W/Joseph</div> <div>11:30 Inter-Generational Group</div> <div>12:00 Lunch and Announcements</div> <div>12:45 Walking Club</div> <div>1:00 Trip to Library</div> <div>2:00 Bus Leaves the Center</div>	<div>25</div> <div>9:00 Social Coffee Hour</div> <div>9:30 Group Puzzle</div> <div>10:45 Exercise w/Susanne</div> <div>12:00 Lunch and Announcements</div> <div>12:40 Trip to Stop and Shop</div> <div></div> <div>2:00 Bus Leaves the Center</div>	<div>26</div> <div><b>Trip</b></div> <div>9:00 Social Hour Coffee, Tea</div> <div>9:30 Group Puzzle</div> <div>10:00 Site Council Meeting</div> <div>10:30 Chair Yoga w/Victoria</div> <div>12:00 Lunch and Announcements</div> <div>12:30 Trip to Clark Gardens</div> <div>2:00 Bus Leaves the Center</div>
<div>29</div> <div>9:00 Social Hour Coffee Tea</div> <div>9:30 Group Card Game</div> <div>11:00-11:45 Chorus Singing with Frank</div> <div>12:00 Lunch and Announcements</div> <div>12:45 Balance Exercise W/Nick</div> <div>2:00 Bus Leaves the Center</div>	<div>30</div> <div>9:00 Social Hour Coffee, Tea</div> <div>10:45 Exercise Total Body Fitness w/Susanne</div> <div>12:00 Lunch and Announcements</div> <div>12:45 Carnival Games</div> <div>2:00 Bus Leaves the Center</div>	<div></div>	<div></div>	



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation: 9AM-4 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 Each Way

Exercise suggested contribution: \$2.00

Site Council Meeting: April 26th

Birthdays Celebration: April 19th

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