

June 2026

Point Lookout Senior 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 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>2</p> <p>10:00 Social Hour 10:00 Needlepoint with Terese 10:00 Cards/Games 10:30 Exercise with Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Nilo</p>	<p>3</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Name that Tune 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>4</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Needlepoint with Terese 10:00 Zumba with Marilyn 11:00 Trip to Marvel 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p> 	<p>5</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Book Club 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p>8</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Nutrition Ed. Handout 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>9</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Needlepoint with Terese 10:30 Exercise with Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn</p>	<p>10</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Trivia 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>11</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Needlepoint with Terese 10:00 Exercise with Eileen 11:00 Sing-a-long with Laurie 12:00 Lunch/Announcements 1:00 Exercise with Marvin 1:00 Site Council Meeting</p>	<p>12</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Reminiscing 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p>15</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>16</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Needlepoint with Terese 10:30 Exercise with Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Nilo</p>	<p>17</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Senior Yearbook Mtg. 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>18</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Needlepoint with Terese 10:00 Exercise with Eileen 11:00 Bingo with Ann Marie 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>19</p> <p>WE ARE CLOSED</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u>	10:00 Social Hour 10:00 Cards/Games 10:00 Needlepoint with Terese 10:30 Exercise with Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn	10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Walking Club 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u>	10:00 Social Hour 10:00 Cards/Games 10:00 Needlepoint with Terese 10:00 Zumba with Marilyn 11:00 "Rethink your Drink,"- Cornell Cooperative 12:00 Lunch/Announcements 1:00 Exercise with Marvin	10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Trip to Marvel 12:00 Lunch/Announcements 1:00 Movement for Flexibility
29	30			
10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u>	10:00 Social Hour 10:00 Cards/Games 10:00 Needlepoint with Terese 10:30 Exercise with Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Nilo			



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:

Atlantic Beach, Lido Beach, Long Beach, Point Lookout

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: June 11th

Birthdays Celebration: June 30th

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