





Monday

Tuesday

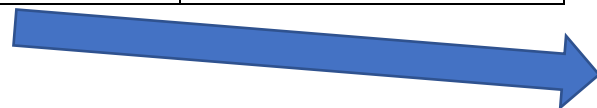
Wednesday

Thursday

Friday

		<p>1 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Bingocize Class with Eric & Maria 11:45 Lunch 12:30 Lucky Seniors Chorus with Frank 12:45 Bingo & Rummicub</p>	<p>2 9:00 Welcome & Coffee 10:30 250th Birthday Celebration of the USA- Dancing & Music- reservations required. 10:30 Chair Yoga with Karen 11:45 Lunch 12:45 Americana Trivia & Sculpture w/Veronica 1:00 Sight Through Support</p>	<p>3 Center closed!</p> 
<p>6 Located at the Bethpage Senior Center, 103 Grumman Road, Bethpage 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Shop at Dollar Tree 11:45 Lunch 12:45 Bingo & Rummicub</p>	<p>7 10:00-1:45 Trip to the Jones Beach Energy & Nature Center! Tour the displays, craft project plus enjoy lunch. Reservations required</p>	<p>8 Located at the Bethpage Senior Center, 103 Grumman Road, Bethpage 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:45 Lunch 12:45 Bingo & Rummicub</p>	<p>9 Located at the Bethpage Senior Center, 103 Grumman Road, Bethpage 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Shop at Shoprite 11:45 Lunch 12:45 Bingo & Rummicub</p>	<p>10 9:30- 1:45 Day at Lido Beach with Lunch. Reservations Required! Drivers will be picked up at St Jude's. All others will be picked up at home.</p>
<p>13 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Shop at North Shore Farms 11:45 Lunch 12:45 Bingo & Rummicub</p>	<p>14 9:00 Welcome & Coffee 10:15 Tai Chi with Denise 10:30 Seniors share their history with Kellenberg Students 11:15 Students share their findings 11:45 Lunch 12:45 Karaoke with Students</p>	<p>15 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Bingocize Class with Eric & Maria 11:45 Lunch 12:30 Lucky Seniors Chorus with Frank 12:45 Bingo & Rummicub</p>	<p>16 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 Chair Yoga with Karen 10:45 Shop at Stop & Shop 11:45 Lunch 12:45 Bingo & Sculpture 1:00 Sight Through Support</p>	<p>17 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:00 Sing-a-long with Mindye 11:45 Lunch 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub</p>

Turn over for the rest of the month!



Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 & 12:30 Movies at the center- The Sandlot 10:45 Shop at King Kullen 11:45 Lunch 12:45 Bingo & Rummicub	9:00 Welcome & Coffee 10:15 <i>Tai Chi with Denise</i> 10:30 Bingo & Rummicub 10:45 Shop at Deals 2 11:45 Lunch 12:30 Travel to Iceland w/Treats 12:45 Bingo & Rummicub	9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:00 AARP discusses Social Security 11:45 Lunch 12:30 Lucky Seniors Chorus with Frank 12:45 Bingo & Rummicub	9:00 Nurse Barbara Visits 10:30 Bingo & Rummicub 10:30 <i>Chair Yoga with Karen</i> 10:45 Shop at Dollar Tree 11:45 Lunch 12:45 Bingo & Sculpture 1:00 Sight Through Support	9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 Drop in Craft class 10:45 <i>Zumba with Andrea</i> 11:45 Lunch 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub
27	28	29	30	31
9:00 Welcome & Coffee 10:30 Left, Right, & Center 10:45 Shop at Aldi 11:45 Lunch 12:30 Hanging Glass Jar Craft Ckass 12:45 Bingo & Rummicub	9:00 Welcome & Coffee 10:15 <i>Tai Chi with Denise</i> 10:30 Bingo & Rummicub 10:45 Shop at Marshalls 11:45 Lunch 12:30 Hanging Glass Jar Craft Ckass 12:45 Bingo & Rummicub	9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Bingocize Class with Eric & Maria 11:45 Lunch 12:30 Lucky Seniors Chorus Patriotic Concert with Ice Cream Social 12:45 Bingo & Rummicub	9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 <i>Chair Yoga with Karen</i> 10:45 Shop at Target 11:45 Lunch 12:45 Bingo & Sculpture 1:00 Sight Through Support	9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 <i>Zumba with Andrea</i> 11:00 <i>Sing-a-long with Mindye</i> 11:45 Lunch 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Area Served:

Bethpage, Farmingdale, Massapequa, Massapequa Park,
 Old Bethpage, Plainview, Seaford, Wantagh

Program Manager: Lisa P

Hours of Operation: 8:30 AM to 1:45 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Exercise suggested contribution: \$2 per class

Site Council Meeting: July 23

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