

Monday

Tuesday

Wednesday

Thursday

Friday

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| <p>HAPPY SUMMER To All Our Seniors</p>  | <p><i>Concerts at</i> EISENHOWER Park</p> <p>7/1/26 Loius Del Prete 7/8/26 Eddie Sessa 7/15/26 Dominick Paradise 7/22/26 Dennis Dell</p> <p>All events are "weather permitting" Arrangements are made on your own</p> | <p><i>Celebrating 4th of July w/ breakfast</i></p> <p>10:00 Coffee, breakfast & a documentary 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p>CLOSED</p>  |
| <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:45 Sculpture w/ Veronica</p> | <p>Our Lido Beach Program Starts. Reservation is required! (Subject to changes)</p>  | <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p><i>Presentation on</i> Dietary Guidelines</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 12:30 Dietary Guidelines Workshop by Nassau County Office for the Aging</p> |
| <p>ARTS & CRAFTS DAY</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:45 Sculpture w/ Veronica 1:00 Arts & Crafts w/ Debra</p> | <p>Our Lido Beach Program Starts. Reservation is required! (Subject to changes)</p>  | <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p>HAPPY BIRTHDAY!</p> <p>Long Island Clean Energy</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 12:30 Birthday Celebration 1:00 Long Island Clean Energy Presentation</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>20</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:45 Sculpture w/ Veronica</p> | <p>21</p> <p>Our Lido Beach Program Starts. Reservation is required! (Subject to changes)</p>  | <p>22</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p>23</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p>24</p> <p>Presentation by Long Island Alzheimer's Association</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 1:00 Presentation on "Building Brain Healthy Habits"</p> |
| <p>27</p> <p>Let's Celebrate Summer w/ a Sundae!</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:30 Make Your Own Sundae 12:45 Sculpture w/ Veronica</p> | <p>28</p> <p>Our Lido Beach Program Starts. Reservation is required! (Subject to changes)</p>  | <p>29</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin</p> | <p>30</p> <p>ARTS & CRAFTS</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 Arts & Crafts w/ SHEILA</p> | <p>31</p> <p>Presentation By Rebuilding Long Island Together Site Council</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Site Council 11:00 Chair Aerobics w/ Sandra 12:00 Lunch 1:00 Presentation by Long Island Rebuilding Together</p> |



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Area Served:

Garden City, Hempstead, Lakeview, Uniondale

Hours of Operation: **8:30 - 4:00**

Meals suggested contribution: **\$3.00**

Transportation suggested contribution: **\$1.00**

Exercise suggested contribution: **\$2.00**

Site Council Meeting: **7/31/26**

Birthdays Celebration: **7/17/26**

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