

JULY 2026

New Horizon Senior Center 1490 Broadway, Hewlett, NY
516-374-2670

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
Senior Center (LL) Lobby (LB)	Meals suggested contribution: \$3.00 Transportation suggested contribution: \$1.00 Exercise suggested contribution \$2.	1 9:30—Coffee, & Word Puzzles 10:00- Karaoke- Zach (LL) 11:00-- Exercise 12:00—Lunch 1:00—CANASTA (LB) 1:00 --- Poker 101 w. Tina (LB) 1:00 – Check Mate w. Tyler (LL) 1:00 – Movie (LL)	2 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 10:00— Karaoke w. John (LB) 11:00-Crazy Canasta w. Jonathan (LB) 12:00— Lunch 1:00— Karaoke / Mahjong (LL) 1:00-Chips Ahoy w. Jonathan (Poker) (LB)	3 4th Of July Party! 9:30— Coffee, Word Puzzles and Discussion 10:15—Mahjong 101 w.Esther (LL) 11:00—Chair Champions w. Marlyn (LL) 12:00— 4th Of July Lunch 1:00—4th Of July Party!
6 9:30—Coffee, Word Puzzles and Discussion 10:00— Zach’s Art Nest (LB) 10:00—Mahjong 101(LB) 11:00—Exercise w. Teena (LL) 12:00—Lunch 1:00- Book Club w. Esther(LL) 1:50- Calm Within w. Dr. Anthony (LL)	7 Nassau County Office of Aging Senior I.D. 10- 12PM 9:30—Coffee, Word Puzzles 10:00—Zach’s Art Nest (LL) 10:15— Exercise (LL) 11:15— Karaoke w. John (LB) 12:00— Lunch 1:00— Karaoke / Card Games (LB) 1:00—Jewelry Making (LL)	8 9:30— Coffee, Word Puzzles 10:00— Karaoke w. Zach (LL) 11:00—Exercise (LL) 12:00— Lunch 1:00—CANASTA (LB) 1:00 --- Poker 101 w. Tina (LB) 1:00- Dance Party! (LL)	9 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 10:00— Karaoke w. John (LB) 11:00-Crazy Canasta w. Jonathan (LB) 12:00— Lunch 1:00— Karaoke / Mahjong (LL)	10 Lido Beach Trip 9:30— Coffee, Word Puzzles and Discussion 10:15—Mahjong 101 w.Esther (LL) 11:00—Chair Champions w. Marlyn (LL) 12:00—Lunch 1:15—Zumba w. Darrell (LL)
13 9:30—Coffee, Word Puzzles and Discussion 10:00 -- Zach’s Art Nest (LB) 10:00—Mahjong 101(LB) 11:00—Exercise w. Teena (LL) 12:00—Lunch 1:00- Book Club w. Esther(LL) 1:50- Calm Within w. Dr. Anthony(LL)	14 9:30—Coffee, Word Puzzles 10:00—Zach’s Art Nest (LL) 10:15— Exercise w. Barrie (LL) 11:15— Karaoke w. John(LB) 12:00— Lunch 1:00— Karaoke (LL) 1:00 --- Card Games (LB)	15 9:30— Coffee, Word Puzzles, and Discussion 10:00— Karaoke w. Zach (LL) 11:00—Exercise (LL) 12:00— Lunch 1:00—CANASTA (LB) 1:00 --- Poker 101 w. Tina (LB) 1:00 – Check Mate w. Tyler (LL) 1:00 – Movie (LL)	16 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 10:00— Karaoke w. John (LB) 11:00-Crazy Canasta w. Jonathan (LB) 11:00 – Sound Lab w. Sacha (LB) 12:00— Lunch 1:00— Karaoke / Mahjong (LL)	17 9:30— Coffee, Word Puzzles and Discussion 10:15—Mahjong 101 w. Esther (LL) 11:00—Chair Champions w. Marlyn (LL) 12:00—Lunch 1:15—Zumba w. Darrell (LL)
20 9:30—Coffee, Word Puzzles and Discussion 10:00—Zach’s Art Nest (LB) 10:00—Mahjong 101(LB) 11:00—Exercise w. Teena (LL) 12:00—Lunch 1:00- Book Club w. Esther(LL) 1:50- Calm Within w. Dr. Anthony (LL)	21 Cornell Free Nutrition Counseling 9-12PM 9:30—Coffee, Word Puzzles 10:00—Zach’s Art Nest (LL) 10:15— Exercise (LL) 11:15— Karaoke w. John (LB) 12:00— Lunch 1:00— Karaoke / Card Games (LL) 1:00—Jewelry Making (LL)	22 Eisenhower Park Trip 9:30—Coffee, Word Puzzles, and Discussion 10:00- Karaoke- Zach (LL) 11:00- Exercise (LL) 12:00—Lunch 1:00—CANASTA (LB) 1:00 --- Poker 101 w. Tina (LB) 1:00—Dance Party (LL)	23 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 10:00— Karaoke w. John (LB) 11:00- Crazy Canasta w. Jonathan (LB) 11:00 – Mahjong tutorial w. Esther (LL) 12:00— Lunch 1:00— Karaoke / Mahjong (LL)	24 The Bristol Q&A 9:30— Coffee, Word Puzzles and Discussion 10:00 – The Bristol Q&A (LB) 10:15—Mahjong 101 w.Esther (LL) 11:00—Chair Champions w. Marlyn (LL) 12:00—Lunch 1:15—Zumba w. Darrell (LL)
27 9:30—Coffee, Word Puzzles and Discussion 10:00—Zach’s Art Nest (LB) 10:00—Mahjong 101(LB) 11:00—Exercise w. Teena (LL) 12:00—Lunch 1:00-Book Club/ Calm Within w.Dr.Anthony (LL)	28 Shopping Trip 9:30—Coffee, Word Puzzles 10:00—Zach’s Art Nest (LL) 11:15 --- Karaoke (LL) 10:15— Exercise w. Barrie (LL) 12:00— Lunch 1:00— Karaoke (LL) 1:00 – Mahjong (LB) 1:00—Shopping Trip	29 9:30—Coffee, Word Puzzles, and Discussion 10:00- Karaoke- Zach (LL) 11:00- Exercise (LL) 12:00—Lunch 1:00—CANASTA (LB) 1:00—Check Mate w. Tyler (LL) 1:00 --- Poker 101 w. Tina (LB) 1:00—Movie (LL)	30 Fraud Lecture 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 11:00-Crazy Canasta w. Jonathan (LB) 11:00 – Mahjong tutorial w. Esther (LL) 12:00— Lunch 1:00— Karaoke / Mahjong (LB) 1:00- Fraud Lecture (LL)	31 Lido Beach Trips 9:30— Coffee, Word Puzzles and Discussion 10:15—Mahjong 101 w.Esther (LL) 11:00—Chair Champions w. Marlyn (LL) 12:00—Lunch 1:15—Zumba w. Darrell (LL)