



Monday

Tuesday

Wednesday

Thursday

Friday

	<p><b>*SAVE THE DATE:*</b> <b>THURSDAY, JULY 16<sup>TH</sup></b> <b>(10:00AM-12:00PM)</b></p> <p><b>HAVE YOUR PICTURE TAKEN FOR A SENIOR ID CARD SPONSORED BY THE NASSAU COUNTY OFFICE FOR THE AGING.</b></p>	<p>1</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <b>Cardio Drumming</b> with Theresa 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p>	<p>2</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Eileen 11:00 <b>Brain Boosters</b>/Molloy University Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>3</p> <p><b>WE ARE CLOSED!!</b></p> <p><b>INDEPENDENCE DAY</b> 1776★2026</p> <p><small>shutterstock.com · 2636027545</small></p>
<p>6</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>7</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn</p>	<p>8</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <b>Walking Club</b> 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 Zumba with Marilyn 11:00 <b>Brain Boosters</b>/Molloy University Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>10</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <b>Reminiscing</b> 12:00Lunch/Announcements 1:00 Movement for Flexibility</p>
<p>13</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>14</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn</p>	<p>15</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <b>Trivia with Alyssa</b> 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 Exercise with Eileen 11:00 <b>Brain Boosters</b>/Molloy University Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>17</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <b>Sing-a-long with Laurie</b> 12:00Lunch/Announcements 1:00 Movement for Flexibility</p>

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
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 10:30 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 <b>Cardio Drumming</b> with Theresa 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u>	10:00 Social Hour 10:00 Cards/Games 10:00 Zumba with Marilyn 11:00 <b>Stroke Awareness/NYU</b> 12:00 Lunch/Announcements 1:00 Exercise with Marvin	10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <b>Bingo with Dawntress</b> 12:00 Lunch/Announcements 1:00 Movement for Flexibility
27	28	29	30	31
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 10:30 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 <b>Walking Club</b> 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u>	10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Eileen 11:00 <b>Brain Boosters/Molloy</b> University Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin	10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <b>Book Club</b> 12:00 Lunch/Announcements 1:00 Movement for Flexibility



**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: July 8<sup>th</sup>

Birthdays Celebration: July 30<sup>th</sup>

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