

August 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

3 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Exercise with Teena	4 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn 10:00am-1:00PM One on One Nutritional Counseling with Cornell Cooperative Extension	5 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Walking Club 12:00 Lunch/Announcements 1:00 Exercise with Teena	6 10:00 Social Hour 10:00 Cards/Games 10:00 Silver Sneakers with Joyce 11:00 Brain Boosters/Molloy University Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin	7 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
10 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Exercise with Teena	11 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn	12 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Walking Club 12:00 Lunch/Announcements 1:00 Exercise with Teena	13 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba with Marilyn 11:00 Brain Boosters/Molloy University Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin	14 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
17 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Exercise TBD	18 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn	19 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Walking Club 12:00 Lunch/Announcements 1:00 Exercise with Karen	20 10:00 Social Hour 10:00 Cards/Games 10:00 Silver Sneakers with Joyce 11:00 Bingo with Ann Marie 12:00 Lunch/Announcements 1:00 Exercise with Marvin	21 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Karen 11:00 Sing-a-long with Laurie 12:00 Lunch/Announcements 1:00 Movement for Flexibility

Monday	Tuesday	Wednesday	Thursday	Friday
24 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Karen 12:00 Lunch/Announcements 1:00 Exercise with Teena	25 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn	26 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 "Medicine Safety for Older Adults" with Eduardo Torres 12:00 Lunch/Announcements 1:00 Exercise with Teena	27 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba with Marilyn 11:00 Fun with Dawntress 12:00 Lunch/Announcements 1:00 Exercise with Marvin	28 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
31 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise TBD 12:00 Lunch 1:00 Exercise with Teena		***** Thursday, August 6 th 10:00am Silver Sneakers with Joyce Thursday, August 20 th 10:00 Silver Sneakers with Joyce *****	***** Thursday, August 20 th 11:00 Bingo with Ann Marie Friday, August 28 th 11:00 Book Club Discussion Group *****	



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: August 5th

Birthdays Celebration: August 27th

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