

August 2026

Roslyn Senior Center
1579 Northern Blvd (Rte.25A), Roslyn NY 11576



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 FUN DAY MONDAY AT BAR BEACH PARK	4 9:00 Social Hour Coffee, Tea 9:30 60's Music Trivia 10:45 Exercise w/Susanne 11:30 OFA Interns Senior IDs ? 12:00 Lunch and Announcements 12:30 Zumba w/Nilo Pinto 2:00 Bus leaves Center	5 Lunch Reservation Due for week 8/10 9:00 Social Coffee Hour 9:30 Decorate Center 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Line Dancing with Amy 2:00 Bus leaves Center	6 Nutrition Education Handout 9:00 Social Hour Coffee, Tea 9:30 TV Sitcoms I Love Lucy 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:45 Yoga w/Karen 2:00 Bus leaves Center	7 CARDIO DRUMMING 9:00 Social Hour Coffee 9:30 TV News and Discussion 10:30 Arthritis Foundation Exercise w/Victoria 12:00 Lunch and Announcements 12:30 Cardio Drumming w/Theresa Morales 2:00 Bus leaves Center
10  10:00 FUN DAY MONDAY AT BAR BEACH PARK	11 9:00 Social Hour Coffee, Tea 9:30 Word Games and Puzzles 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Zumba w/Nilo Pinto 1:00 Card Game Hearts 2:00 Bus leaves Center	12 Lunch Reservation Due for week 8/17 9:00 Social Coffee Hour 9:30 Card Game Kings in the Corner 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Tea Party, Snack and Craft make your own Tea Sponsored by The Sinclair Port Washington	13 9:00 Social Hour Coffee, Tea 9:30 Wisdom Circle to discuss Summer Vacations and trips w/Pictures 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:45 Yoga w/Karen 2:00 Bus leaves Center	14 9:00 Social Hour Coffee 9:30 Site Council Meeting 10:30 Arthritis Foundation Exercise w/Victoria 12:00 Lunch and Announcements 12:30 Music by the Melody Makers Dancing 2:00 Bus leaves Center
17  10:00 FUN DAY MONDAY AT BAR BEACH PARK	18 9:00 Social Hour Coffee, Tea 9:30 Game of Scrabble 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Mary Suddel Emerge Bingo w/Prizes 2:00 Bus leaves Center	19 Lunch Reservation Due for week 8/24 9:00 Social Coffee Hour 9:30 Game of Dominos 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Line Dancing with Amy 2:00 Bus leaves Center	20 9:00 Social Hour Coffee, Tea 9:30 Card Game Slap Jack, The Match Game 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:45 Yoga w/Karen 2:00 Bus leaves Center	21 CARDIO DRUMMING 9:00 Social Hour Coffee 9:30 Site Council Meeting 10:30 Arthritis Foundation Exercise w/Victoria 12:00 Lunch and Announcements August Birthdays Cake 12:30 Cardio Drumming w/Theresa Morales 2:00 Bus leaves Center

Monday	Tuesday	Wednesday	Thursday	Friday
24 9:00 Social Hour Coffee Tea 9:30 Game of Dominos 10:30 Arthritis Foundation Exercise w/Victoria 12:00 Lunch and Announcements 12:45 Yoga w/Karen 2:00 Bus leaves Center	25 9:00 Social Hour Coffee, Tea 9:30 Game of Scrabble 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Craft and discussion with Debra Soon Charles Evans Center 2:00 Bus leaves Center	26 Lunch Reservation Due for week 8/31 9:00 Social Coffee Hour 9:30 Game of Cards Hearts 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:45 Line Dancing with Amy 2:00 Bus leaves Center	27 9:00 Social Hour Coffee, Tea 9:30 Wisdom Circle to Discuss Summer Vacations and trips w/Pictures 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:45 Yoga w/Karen 2:00 Bus leaves Center	28 9:00 Social Hour Coffee 9:30 Word Puzzles 10:30 Arthritis Foundation Exercise w/Victoria 11:00 Eileen Casey Social Worker 12:00 Lunch and Announcements 12:45 Elaine Zumba 2:00 Bus leaves Center
31 9:00 Social Hour Coffee Tea 9:30 Group Hang Man Game and Word Puzzles 10:30 Arthritis Foundation Exercise w/Victoria 12:00 Lunch and Announcements 12:45 Yoga w/Karen 2:00 Bus leaves Center				



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:

East Hills, Greenvale, Jericho, Old Westbury, Port Washington,
Roslyn, Roslyn Heights, Roslyn Harbor and Manorhaven

Hours of Operation: 9 am-4 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$2.00

Exercise suggested contribution: \$2.00

Site Council Meeting: August 21st

Birthdays Celebration: August 21st

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