

Monday

Tuesday

Wednesday

Thursday

Friday

|                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>September</p>                                                                                                                                  | <p>1</p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 Word Games and Puzzles<br/><b>10:45 Exercise w/Susanne</b><br/>12:00 Lunch and Announcements<br/><b>12:30 Zumba w/Nilo Pinto</b><br/>1:00 Dominós<br/><b>2:00 Bus leaves Center</b></p>   | <p>2</p> <p><b>Lunch Reservation Due for week 9/8</b></p> <p>9:00 Social Coffee Hour<br/>9:30 Decorate Center<br/><b>10:30 Tai Chi W/Joseph</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Exercise w/Nick</b><br/><b>2:00 Bus leaves Center</b></p>                    | <p>3</p> <p><b>Nutrition Education Handout</b></p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 TV Sitcoms I Love Lucy<br/><b>10:45 Exercise w/Susanne</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Yoga w/Karen</b><br/><b>2:00 Bus leaves Center</b></p> | <p>4</p> <p>9:00 Social Hour Coffee<br/>9:30 TV News and Discussion<br/>Site Council Meeting<br/><b>10:30 Arthritis Foundation Exercise w/Victoria</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Line Dancing w/Amy</b><br/><b>2:00 Bus leaves Center</b></p>                                                                   |
| <p>7</p>  <p>HAPPY LABOR DAY</p>                                                                                                                  | <p>8</p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 TV News Channel<br/><b>10:45 Exercise w/Susanne</b><br/>12:00 Lunch and Announcements<br/><b>12:30 Zumba w/Nilo Pinto</b><br/>1:00 Card Game Hearts<br/><b>2:00 Bus leaves Center</b></p> | <p>9</p> <p><b>Lunch Reservation Due for week 9/14</b></p> <p>9:00 Social Coffee Hour<br/>9:30 Card Game Kings in Corner<br/><b>10:30 Tai Chi W/Joseph</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Balance Exercise w/Nick</b><br/><b>2:00 Bus leaves Center</b></p> | <p>10</p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 Trivia and Word Games<br/><b>10:45 Exercise w/Susanne</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Yoga w/Karen</b><br/><b>2:00 Bus leaves Center</b></p>                                           | <p>11</p> <p><b>Patriots Day</b></p> <p>9:00 Social Hour Coffee<br/><b>9:30-2 Catholic Health Blood Pressure screening and presentation on fall prevention</b><br/><b>10:30 Arthritis Foundation Exercise w/Victoria</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Line Dancing w/Amy</b><br/><b>2:00 Bus leaves Center</b></p> |
| <p>14</p> <p>9:00 Social Hour Coffee Tea<br/>9:30 Game of Dominos<br/><b>10:30 Arthritis Foundation Exercise w/Victoria</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Bingo w/Prizes</b><br/><b>2:00 Bus leaves Center</b></p> | <p>15</p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 Trivia Science<br/><b>10:45 Exercise w/Susanne</b><br/>12:00 Lunch and Announcements<br/><b>12:30 Zumba w/Nilo Pinto</b><br/>1:00 Game of Scrabble<br/><b>2:00 Bus leaves Center</b></p> | <p>16</p> <p><b>Lunch Reservation Due for week 9/21</b></p> <p>9:00 Social Coffee Hour<br/>9:30 Dominos<br/><b>10:30 Tai Chi W/Joseph</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Balance Exercise w/Nick</b><br/><b>2:00 Bus leaves Center</b></p>                  | <p>17</p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 Puzzle 3D 100 piece<br/><b>10:45 Exercise w/Susanne</b><br/>12:00 Lunch and Announcements<br/><b>12:45 Yoga w/Karen</b><br/><b>2:00 Bus leaves Center</b></p>                                             | <p>18</p> <p>9:00 Social Hour Coffee<br/>9:30 Site Council Meeting<br/><b>10:30 Arthritis Foundation Exercise w/Victoria</b><br/>12:00 Lunch and Announcements September Birthdays Cake<br/><b>12:30 Cornell University Nutrition workshop "Nutrition and Eye Health"</b><br/><b>2:00 Bus leaves Center</b></p>                      |

| Monday                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                | Friday                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>21</p> <p>9:00 Social Hour Coffee Tea<br/>9:30 Game of Dominos<br/>10:30 Arthritis Foundation Exercise w/Victoria<br/>12:00 Lunch and Announcements<br/>12:45 Craft Draw Spring Flowers<br/>2:00 Bus leaves Center</p> | <p>22</p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 Word Games and Puzzles<br/>10:45 Exercise w/Susanne<br/>12:00 Lunch and Announcements<br/>12:30 Zumba w/Nilo Pinto<br/>1:00 Puzzle<br/>2:00 Bus leaves Center</p>   | <p>23</p> <p>Lunch Reservation Due for week 9/28<br/>9:00 Social Coffee Hour<br/>9:30 Puzzle 3D 100 piece<br/>10:30 Tai Chi W/Joseph<br/>12:00 Lunch and Announcements<br/>12:45 Balance Exercise w/Nick<br/>2:00 Bus leaves Center</p>                                               | <p>24</p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 TV News Channel<br/>10:45 Exercise w/Susanne<br/>12:00 Lunch and Announcements<br/>12:45 Yoga w/Karen<br/>2:00 Bus leaves Center</p> | <p>25</p> <p>9:00 Social Hour Coffee<br/>9:30 TV News and Discussion<br/>10:30 Arthritis Foundation Exercise w/Victoria<br/>12:00 Lunch and Announcements<br/>12:45 Line Dancing w/Amy<br/>2:00 Bus leaves Center</p> |
| <p>28</p> <p>9:00 Social Hour Coffee Tea<br/>9:30 Game of Dominos<br/>10:30 Arthritis Foundation Exercise w/Victoria<br/>12:00 Lunch and Announcements<br/>12:45 Bingo w/prizes<br/>2:00 Bus leaves Center</p>            | <p>29</p> <p>9:00 Social Hour Coffee, Tea<br/>9:30 Trivia History<br/>10:45 Exercise w/Susanne<br/>12:00 Lunch and Announcements<br/>12:30 Zumba w/Nilo Pinto<br/>1:00 Card Game Hearts<br/>2:00 Bus leaves Center</p> | <p>30</p> <p>Lunch Reservation Due for week 10/5<br/>9:00 Social Coffee Hour<br/>9:30 Card Game 21<br/>10:30 Tai Chi W/Joseph<br/>11:30 Howard Newman HBO Comedy<br/>12:00 Lunch and Announcements<br/>12:45 Debra Soon Charles<br/>Evans Center Craft<br/>2:00 Bus leaves Center</p> |                                                                                                      | <p>SEPTEMBER IS<br/>NATIONAL SENIOR<br/>CENTER MONTH</p>                                                                                                                                                              |



**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: Sept 18th

Birthdays Celebration: Sept 18th

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