

SEPTEMBER 2026

New Horizon Senior Community Service 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                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                             | <b>1</b><br>9:30—Coffee & Word Puzzles<br>10:00—Zach’s Art Nest (LL)<br>10:15— Exercise w. Barrie (LL)<br>11:00—Bingo w.Fran/Tyler (LB)<br>11:15— Karaoke w. John (LL)<br>12:00— Lunch<br>1:00— Karaoke / Card Games (LB)<br>1:00—Jewelry Making (LL)                                                                     | <b>2</b><br>9:30—Coffee, & Word Puzzles<br>10:00- Karaoke- Zach (LL)<br>11:00—Exercise ( LL)<br>12:00—Lunch<br>1:00—Card Games (LB)<br><b>1:00 --- Poker w. Tina &amp; Fran(LB)</b><br>1:00 – Dance Party! (LL)                                              | <b>3</b> 9:30— Coffee, Word Puzzles<br>9:45—Exercise w. Teena (LL)<br>10:00— Karaoke w. John (LB)<br>11:00—Table Games w. Sacha(LB)<br>11:00- Hangman w.Fran/Tyler(LB)<br>11:00—Tai Chi w. Pat<br>12:00— Lunch<br>1:00— Karaoke / Mahjong<br>1:00-Chips Ahoy w. Fran (LB)<br><b>1:00-Sweet Send Off (LL)</b> | <b>4 Labor Day Party</b><br><br>9:30— Coffee, Word Puzzles & Discussion<br>9:30—Mahjong 10 w.Esther (LL)<br>10:30- Card Games (LB)<br><b>12:00- Labor Day Lunch &amp; Party!</b>                                                                                                             |
| <b>7</b><br><br><b>Happy Labor Day!<br/>Closed</b>                                                                                                                                                                                                          | <b>8</b><br><br>9:30—Coffee & Word Puzzles<br>10:00—Zach’s Art Nest (LL)<br>10:15— Exercise w. Barrie(LL)<br>11:15— Karaoke w. John (LL)<br>12:00— Lunch<br>1:00— Karaoke (LL)<br>1:00-- Card Games (LB)<br><b>1:00-Earing Making Workshop(LL)</b>                                                                        | <b>9</b><br><br>9:30— Coffee & Word Puzzles<br>11:00—Exercise (LL)<br>12:00— Lunch<br>1:00—Card Games (LB)<br><b>1:00 --- Poker 101 w. Tina &amp; Fran (LB)</b><br><b>1:00—Painting w. Julie (LB)</b><br>1:00-- Movie – The Sheep Detectives (LL)            | <b>10</b><br><br>9:30— Coffee, Word Puzzles<br>9:45—Exercise w. Teena (LL)<br>10:00— Karaoke w. John (LB)<br>11:00—Tai Chi w. Pat<br>11:00—Hangman w. Tyler/Fran (LB)<br>11:00—Table Games w. Sacha(LB)<br>12:00— Lunch<br>1:00— Karaoke / Mahjong<br>1:00—Chips Ahoy w. Fran(LB)                            | <b>11 A Day of Remembrance</b><br><br>9:30— Coffee, Word Puzzles & Discussion<br>9:30—Mahjong 101 w.Esther (LL)<br><b>10:30-Welcoming the Jewish New Year<br/>With Esther</b><br>11:00-- Exercise w. Lydia (LL)<br>12:00—Lunch<br>1:00—Check Mate w. Tyler (LB)<br>1:15—Zumba w. Darryl (LL) |
| <b>14</b><br>9:30—Coffee, Word Puzzles & Discussion<br>10:00 -- Zach’s Art Nest (LB)<br>10:00—Mahjong 101(LB)<br>11:00—Exercise w. Teena(LL)<br>12:00—Lunch<br>1:00- Card Games(LB)<br>1:00- Book Club w. Esther(LL)<br>1:50- Calm Within w Dr. Anthony(LL) | <b>15 Open Advisory Committee Meeting</b><br>9:30—Coffee & Word Puzzles<br>10:00—Zach’s Art Nest (LB)<br>10:15— Exercise w. Barrie (LL)<br><b>11:00—Open Advisory<br/>Committee Meeting (LB)</b><br>11:15— Karaoke w. John(LL)<br>12:00— Lunch<br>1:00— Karaoke w. John(LB)<br>1:00—Jewelry Making (LL)                   | <b>16</b><br>9:30— Coffee, Word Puzzles & Discussion<br>10:00— Karaoke w. Zach (LL)<br>11:00—Exercise (LL)<br>12:00— Lunch<br>1:00—Card Games (LB)<br><b>1:00 --- Poker w. Tina &amp; Fran (LB)</b><br>1:00 – Dance Party! (LL)                              | <b>17</b><br>9:30— Coffee, Word Puzzles<br>9:45—Exercise w. Teena (LL)<br>11:00—Tai Chi w.Pat<br>11:00- Table Games w. Sacha(LB)<br>11:00- Hangman w.Fran/Tyler(LB)<br>12:00— Lunch<br>1:00—Chips Ahoy w. Fran(LB)<br><b>1:00— Comedy Hour w. Howard (LL)</b>                                                | <b>18</b><br>9:30— Coffee, Word Puzzles & Discussion<br>9:30—Mahjong 101 w Esther (LL)<br>11:00—Exercise w. Lydia (LL)<br>12:00—Lunch<br>1:00—Check Mate w.Tyler(LB)<br>1:15—Zumba w. Darryl (LL)                                                                                            |
| <b>21</b><br>9:30—Coffee, Word Puzzles & Discussion<br>10:00—Mahjong 101(LB)<br>11:00—Exercise w. Teena (LL)<br>12:00—Lunch<br>1:00- Book Club w. Esther(LL)<br>1:50- Calm Within w. Dr. Anthony (LL)                                                       | <b>22 First Day of Autumn/Farmers Market</b><br>9:30—Coffee & Word Puzzles<br>10:00—Zach’s Art Nest (LB)<br>10:15— Exercise w. Barrie (LL)<br>11:00—Bingo w. Fran/Tyler(LB)<br>11:15— Karaoke w. John (LL)<br>12:00— Lunch<br><b>1:00—Farmers Market Trip</b><br>1:00— Karaoke (LL)<br>1:00- Card Games (LB)              | <b>23</b><br>9:30—Coffee, Word Puzzles, & Discussion<br>10:00- Karaoke- Zach (LL)<br>11:00- Exercise (LL)<br>12:00—Lunch<br>1:00—Card Games (LB)<br><b>1:00 --- Poker w. Tina &amp; Fran (LB)</b><br><b>1:00—Painting w. Julie</b><br>1:00— Movie – Tow (LL) | <b>24</b> 9:30— Coffee, Word Puzzles<br>9:45—Exercise w. Teena (LL_)<br>10:00— Karaoke w. John (LB)<br>11:00—Tai Chi w. Pat (LL)<br>11:00- Table Games w. Sacha/Tyler (LB)<br>11:00 – Mahjong tutorial w. Esther (LL)<br>12:00— Lunch<br>1:00- Karaoke/ Mahjong<br><b>1:00—Chocolate Workshop (LL)</b>       | <b>25</b><br>9:30— Coffee, Word Puzzles & Discussion<br>9:30—Mahjong 101 w.Esther (LL)<br>11:00—Exercise w. Lydia (LL)<br>12:00—Lunch<br>1:00—Check Mate w Tyler (LB)<br>1:15—Zumba w. Darryl (LL)                                                                                           |
| <b>28</b><br>9:30—Coffee, Word Puzzles & Discussion<br>10:00—Zach’s Art Nest (LB)<br>10:00—Mahjong 101(LB)<br>11:00—Exercise w. Teena (LL)<br>12:00—Lunch<br>1:00- Card Games(LB)<br>1:00-Book Club/ Calm Within w.Dr.Anthony (LL)                          | <b>29 National VFW Day</b><br>9:30—Coffee & Word Puzzles<br>10:00—Zach’s Art Nest (LB)<br>10:15— Exercise w. Barrie (LL)<br><b>11:15—VFW Spotlight with Frank</b><br>11:15-- Karaoke w. John (LB)<br>12:00— Lunch<br><b>1:00—Shopping Trip</b><br>1:00— Karaoke (LL)<br>1:00- Card Games (LB)<br>1:00—Jewelry Making (LL) | <b>30</b><br>9:30— Coffee, Word Puzzle, & Discussion<br>10:00— Karaoke w. Zach (LL)<br>11:00—Exercise (LL)<br>12:00— Lunch<br>1:00—Card Games (LB)<br><b>1:00 --- Poker w. Tina &amp; Fran (LB)</b><br>1:00 – Dance Party! (LL)                              | <b>Senior Center (LL)<br/>Lobby (LB)</b>                                                                                                                                                                                                                                                                     | <b>Meals suggested contribution: \$3.00</b><br><br><b>Transportation suggested contribution: \$1.00</b><br><br><b>Exercise suggested contribution \$2.</b>                                                                                                                                   |

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