

September 2026

Point Lookout Senior Community Service 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

 CARDIO DRUMMING WED. SEPT. 16TH -11:00AM WED. SEPT. 23RD -11:00AM WED. SEPT. 30TH -11:00AM	1 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Charades	2 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Walking Club</u> 12:00 Lunch/Announcements 1:00 Exercise with Teena	3 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Eileen 11:00 Trivia with Alyssa 12:00 Lunch/Announcements 1:00 Exercise with Marvin	4 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Sing-a-long w/Laurie 12:00 Lunch/Announcements 1:00 Movement for Flexibility
7 WE ARE CLOSED! 	8 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn	9 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Trip to Kohl's 12:00 Lunch/Announcements 1:00 Exercise with Teena 	10 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba with Marilyn 11:00 Bingo 12:00 Lunch/Announcements 1:00 Exercise with Marvin	11 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 
14 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Exercise with Teena	15 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Exercise with Teena	16 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Cardio Drumming 12:00 Lunch/Announcements 1:00 Exercise with Teena	17 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Eileen 11:00 Brain Boosters 12:00 Lunch/Announcements 1:00 Exercise with Marvin	18 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Fun with Dawntress 12:00 Lunch/Announcements 1:00 Movement for Flexibility

Monday

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Wednesday

Thursday

Friday

21 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie Durso	22 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn	23 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Cardio Drumming 12:00 Lunch/Announcements 1:00 Exercise with Teena 1:00 Brain Boosters	24 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba with Marilyn 11:00 "Nutrition and Eye Health w/Cornell Cooperative 12:00 Lunch/Announcements 1:00 Exercise with Marvin	25 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
28 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Exercise with Teena	29 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Exercise with Teena	30 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Cardio Drumming 12:00 Celebrating September Birthdays 1:00 Exercise with Teena 1:00 Brain Boosters		



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: September 4th

Birthdays Celebration: September 30th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.