

October 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
	Senior Center (LL) Lobby (LB)	Meals suggested contribution: \$3.00 Transportation suggested contribution: \$1.00 Exercise suggested contribution \$2.	1 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 11:00—Tai Chi w .Pat 11:00- Table Games w. Sacha(LB) 11:00- Bingo w Fran/Tyler(LB) 12:00— Lunch 1:00—Chips Ahoy w Fran(LB)	2 9:30—Coffee, Word Puzzles & Discussion 9:30—Mahjong 101 w. Esther (LL) 11:00 Exercise w. Lydia (LL) 12:00—Lunch 1:00—Check Mate w. Tyler (LB) 1:15—Zumba w. Darryl (LL)
5 9:30—Coffee, Word Puzzles & Discussion 10:00 -- Zach’s Art Nest (LB) 10:00—Mahjong 101(LB) 11:00—Exercise w. Teena (LL) 12:00—Lunch 1:00- Card Games (LB) 1:00- Book Club w. Esther (LL) 1:50- Calm Within w Dr. Anthony (LL)	6 9:30—Coffee & Word Puzzles 10:00—Zach’s Art Nest (LL) 10:15— Exercise w. Barrie(LL) 11:00—Bingo w. Fran/Tyler 11:15-- Karaoke w. John (LL) 12:00— Lunch 1:00— Karaoke (LB) 1:00-- Card Games w. Sacha (LB) 1:00—Jewelry Making (LL)	7 9:30— Coffee & Word Puzzles 11:00—Exercise w. Anne (LL) 12:00— Lunch 1:00—Card Games (LB) 1:00 --- Poker 101 w. Tina & Fran (LB) 1:00-- Movie – (LL)	8 9:30— Coffee, Word Puzzles 9:45—Exercise (LL) 10:00— Karaoke w. John (LB) 11:00—Tai Chi w. Pat 11:00—Bingo Tyler/Fran (LB) 11:00—Table Games w. Sacha(LB) 12:00— Lunch 1:00— Karaoke / Mahjong 1:00—Chips Ahoy w. Fran(LB)	9 9:30— Coffee, Word Puzzles & Discussion 9:30—Mahjong 101 w.Esther (LL) 11:00-- Exercise w. Lydia (LL) 12:00—Lunch 1:00—Check Mate w. Tyler (LB) 1:15—Zumba w. Darryl (LL)
12 Columbus Day 9:30—Coffee, Word Puzzles & Discussion 10:00 -- Zach’s Art Nest (LB) 10:00—Mahjong 101(LB) 11:00—Exercise w. Teena (LL) 12:00—Columbus Day Lunch 1:00- Card Games (LB) 1:00- Book Club w. Esther (LL) 1:50- Calm Within w Dr. Anthony(LL)	13 Life Saving Lecture/ Mount Sinai 9:30—Coffee & Word Puzzles 10:00—Zach’s Art Nest (LB) 10:15— Exercise w. Barrie (LL) 11:00—Bingo—w. Fran/Tyler 11:15— Karaoke w. John(LL) 12:00— Lunch 1:00—Life Saving Lecture (LB)	14 9:30— Coffee, Word Puzzles & Discussion 10:00— Karaoke w. Zach (LL) 11:00—Exercise w. Anne (LL) 12:00— Lunch 1:00—Card Games (LB) 1:00 --- Poker w. Tina & Fran (LB) 1:00 — Dance Party! (LL) 1:00—Painting w. Julie (LB)	15 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 11:00—Tai Chi w.Pat 11:00- Table Games w. Sacha(LB) 11:00-- Bingo w.Fran/Tyler(LB) 12:00— Lunch 1:00—Chips Ahoy w. Fran(LB)	16 9:30— Coffee, Word Puzzles & Discussion 9:30—Mahjong 101 w Esther (LL) 11:00—Exercise w. Lydia (LL) 12:00—Lunch 1:00—Check Mate w.Tyler(LB) 1:15—Zumba w. Darryl (LL)
19 9:30—Coffee, Word Puzzles & Discussion 10:00—Zach’s Art Nest (LB) 10:00—Mahjong 101(LB) 11:00—Exercise w. Teena (LL) 12:00—Lunch 1:00- Card Games w. Sacha (LB) 1:00-Book Club/ Calm Within w. Dr. Anthony (LL)	20 9:30—Coffee & Word Puzzles 10:00—Zach’s Art Nest (LB) 10:15— Exercise w. Barrie (LL) 11:00—Advisory Committee Meeting (LB) 11:15— Karaoke w. John (LL) 12:00— Lunch 1:00— Karaoke (LL) 1:00- Card Games (LB)	21 9:30— Coffee, Word Puzzles, & Discussion 10:00- Karaoke- Zach (LL) 11:00- Exercise w. Anne (LL) 12:00—Lunch 1:00—Card Games (LB) 1:00 --- Poker w. Tina & Fran (LB) 1:00— Movie – (LL)	22 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 11:00—Tai Chi w.Pat 11:00- Table Games w. Sacha(LB) 11:00- Bingo w.Fran/Tyler(LB) 12:00— Lunch 1:00—Chips Ahoy w. Fran(LB)	23 9:30— Coffee, Word Puzzles & Discussion 9:30—Mahjong 101 w.Esther (LL) 11:00—Exercise w. Lydia (LL) 12:00—Lunch 1:00—Check Mate w Tyler (LB) 1:15—Zumba w. Darryl (LL)
26 9:30—Coffee, Word Puzzles & Discussion 10:00—Zach’s Art Nest (LB) 10:00—Mahjong 101(LB) 11:00—Exercise w. Teena (LL) 12:00—Lunch 1:00- Card Games w. Sacha (LB) 1:00-Book Club/ Calm Within w.Dr. Anthony (LL)	27 9:30—Coffee & Word Puzzles 10:00—Zach’s Art Nest (LB) 10:15— Exercise w. Barrie (LL) 11:00-Nutrition Facts Label With Cornell (LB) 12:00— Lunch 1:00—Shopping Trip 1:00— Karaoke (LB) 1:00- Card Games (LB) 1:00—Jewelry Making (LL)	28 9:30— Coffee, Word Puzzle, & Discussion 10:00— Karaoke w. Zach (LL) 11:00—Exercise w. Anne (LL) 12:00— Lunch 1:00—Card Games (LB) 1:00 --- Poker w. Tina & Fran (LB) 1:00 — Dance Party! (LL) 1:00—Painting w. Julie (LB)	29 9:30— Coffee, Word Puzzles 9:45—Exercise w. Teena (LL) 11:00—Tai Chi w.Pat 11:00- Table Games w. Sacha(LB) 11:00- Hangman w.Fran/Tyler(LB) 12:00— Lunch 1:00—Chips Ahoy w. Fran(LB)	30 Halloween Party!!!

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