

October 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

	<u>SAVE THE DATES!!</u> <u>CARDIO DRUMMING</u> WED. OCT. 7TH -11:00AM <u>LEARN TO PLAY MAH JONG</u> THURS. OCT. 1ST -11:00AM WED. OCT. 14TH -11:00AM FRI. OCT. 16TH -11:00AM FRI. OCT. 23RD -11:00AM WED. OCT. 28TH -11:00AM		1 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba with Marilyn 11:00 Learn to Play Mah Jong 12:00 Lunch/Announcements 1:00 Exercise with Marvin	2 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
5 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Exercise with Teena	6 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn	7 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	8 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba with Marilyn 11:00 Fun with Molloy University Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin	9 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
12 WE ARE CLOSED! 	13 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Exercise with Eileen	14 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Learn to Play Mah Jong 12:00 Lunch/Announcements 1:00 Exercise with Teena	15 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	16 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Learn to Play Mah Jong 12:00 Lunch/Announcements 1:00 Movement for Flexibility

Monday	Tuesday	Wednesday	Thursday	Friday
19 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Exercise with Teena	20 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Zumba with Marilyn	21 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Brain Boosters 12:00 Lunch/Announcements 1:00 Exercise with Teena	22 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba with Marilyn 11:00 Bingo with Ann Marie 12:00 Lunch/Announcements 1:00 Exercise with Marvin	23 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Learn to Play Mah Jong 12:00 Lunch/Announcements 1:00 Movement for Flexibility
26 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Karen 12:00 Lunch/Announcements 1:00 Exercise with Teena	27 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise w/ Stephanie 12:00 Lunch/Announcements 1:00 Exercise with Eileen	28 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Brain Boosters 12:00 Lunch/Announcements 1:00 Exercise with Teena 1:00 Learn to Play Mah Jong	29 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Eileen 11:00 Nutrition Label Facts 12:00 Lunch/Announcements 12:30 Molloy Univ. Students 1:00 Exercise with Marvin	30 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Book Club 12:00 Lunch/Announcements 12:30 Birthdays Celebration 1:00 Movement for Flexibility



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: October 8th

Birthdays Celebration: October 30th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.