# November 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 |
|---|---|---|---|---|
| 2<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:30 Exercise with Karen<br>12:00 Lunch/Announcements<br>1:00 Exercise with Teena | 3<br>**WE ARE CLOSED!**<br> | 4<br>10:00 Social Hour<br>10:00 Zumba Gold w/Darryl<br>10:00 Cards/Games<br>11:00 Learn to Play Mah Jong<br>12:00 Lunch/Announcements<br>1:00 Exercise with Teena | 5<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:00 Zumba with Marilyn<br>11:00 Brain Boosters<br>12:00 Lunch/Announcements<br>1:00 Exercise with Marvin | 6<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:00 Exercise with Teena<br>11:00 Sing-a-Long with Laurie<br>11:00 Mah Jong with Susan<br>12:00 Lunch/Announcements<br>12:30 Birthday Celebrations<br>1:00 Movement for Flexibility |
| 9<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:30 Exercise with Karen<br>12:00 Lunch/Announcements<br>1:00 Exercise with Teena | 10<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:30 Exercise w/ Stephanie<br>12:00 Lunch/Announcements<br>1:00 Zumba with Marilyn | 11<br>**WE ARE CLOSED!**<br> | 12<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:00 Exercise with Eileen<br>11:00 Brain Boosters<br>12:00 Lunch/Announcements<br>1:00 Exercise with Marvin | 13<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:00 Exercise with Teena<br>*10:30 Reminiscing<br>11:00 Mah Jong with Susan<br>12:00Lunch/Announcements<br>1:00 Movement for Flexibility |
| 16<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:30 Exercise with Karen<br>12:00 Lunch/Announcements<br>1:00 Exercise with Teena | 17<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:30 Exercise w/ Stephanie<br>12:00 Lunch/Announcements<br>1:00 Exercise with Eileen | 18<br>10:00 Social Hour<br>10:00 Zumba Gold w/Darryl<br>10:00 Cards/Games<br>11:00 Learn to Play Mah Jong<br>12:00 Lunch/Announcements<br>1:00 Exercise with Teena | 19<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:00 Zumba with Marilyn<br>11:00 "Food Safety Tips"-<br>Cornell Cooperative<br>12:00 Lunch/Announcements<br>1:00 Exercise with Marvin | 20<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:00 Exercise with Teena<br>11:00 Trivia with Alyssa<br>12:00 Lunch/Announcements<br>1:00 Movement for Flexibility |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 23<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:30 Exercise with Karen<br>12:00 Lunch/Announcements<br>1:00 Exercise with Teena | 24<br>10:00 Social Hour<br>10:00 Cards/Games<br>**10:15 Exercise w/ Stephanie<br>11:00 Thanksgiving Bingo<br>12:00 Lunch/Announcements<br>1:00 Zumba with Marilyn<br>THANKSGIVING LUNCHEON RAFFLE PRIZES & BINGO!!!<br>*(ADVANCED RESERVATIONS ONLY!!)* | 25<br>10:00 Social Hour<br>10:00 Zumba Gold w/Darryl<br>10:00 Cards/Games<br>11:00 Learn to Play Mah Jong<br>12:00 Lunch/Announcements<br>1:00 Exercise with Teena | 26<br>**WE ARE CLOSED!**<br> | 27<br>**WE ARE CLOSED!**<br> |
| 30<br>10:00 Social Hour<br>10:00 Cards/Games<br>10:30 Exercise with Karen<br>12:00 Lunch/Announcements<br>12:30 Birthday Celebration<br>1:00 Exercise with Teena | ****Please note:**<br>**On Tuesday, November 24th, the morning exercise class will begin at 10:15am** | **SAVE THE DATE:**<br>***THANKSGIVING LUNCHEON & BINGO***<br>**TUESDAY, NOV. 24TH (11:00AM)**<br>**RESERVATIONS MUST BE MADE NO LATER THAN FRIDAY, NOVEMBER 13TH** | | ****Please note:**<br>**On Friday, November 13th, "Reminiscing" will begin at 10:30am instead of 11:00am** |

**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: November 5th

Birthdays Celebration: November 30th

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