

Monday

Tuesday

Wednesday

Thursday

Friday

	<p style="text-align: right;">1</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Exercise with Stephanie Durso 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p style="text-align: right;">2</p> <p>10:00 "Socially Distant" Hour 10:00 Nutrition Education Handout 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 Exercise with Teena 1:00 Site Council Meeting</p> <p style="text-align: center;">WISHING ALL WHO CELEBRATE A HAPPY ROSH HASHANAH!!</p>	<p style="text-align: right;">3</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Elaine 11:00 "Sleep Hygiene"-Molloy Univ. Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p style="text-align: right;">4</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Sing-a-long with Laurie 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>
<p style="text-align: right;">7</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy</p>	<p style="text-align: right;">8</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Exercise with Stephanie Durso 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p style="text-align: right;">9</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 Exercise with Teena</p>	<p style="text-align: right;">10</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Elaine 11:00 "Say Cheese"-Photo Booth 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p style="text-align: right;">11</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 10:30 Health Assessment 11:00 Reminiscing 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p style="text-align: right;">14</p> <p style="text-align: center;">WE ARE CLOSED</p>	<p style="text-align: right;">15</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Exercise with Stephanie Durso 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p style="text-align: right;">16</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 Exercise with Teena</p>	<p style="text-align: right;">17</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Elaine 11:00 Medical Trivia-Molloy University Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p style="text-align: right;">18</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 "Brain Fitness"-HHLI 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>21</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 <u>Exercise with Cathy</u></p> 	<p>22</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Exercise with Stephanie Durso 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p> 	<p>23</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 10:30 Trip to Kohl's 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p> 	<p>24</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Elaine 11:00 "Crafts with Christin"-Wreath decorating 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>25</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Bingo 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p>28</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 <u>Exercise with Cathy</u></p> 	<p>29</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Exercise with Stephanie Durso 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p> 	<p>30</p> <p>10:00 "Socially Distant" Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p> 	<p>31</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Elaine 11:00 "Save the Plate"-Cornell Coop. 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p> 	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

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 2nd

Birthdays Celebration: October 30th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.