

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>Happy Birthday to all our November Birthdays.</p> 	<p>RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES</p>	<p>Trip to Target 1</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 12:30 -2 Trip to Target</p>
<p>4</p> <p>Spanish Class</p> <p>10:00 Social Hour, Cards, Games and Coffee 10:45 Yoga w/Connie 11:45 Announcements 12:00 Lunch 12:30- 2 Sculpture w/ Veronica 1:00 Spanish Class with Olga</p>	<p>5</p> <p>WE ARE CLOSED</p>  <p>Your Vote Counts!</p>	<p>6</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Yoga with Robin 2:00 Going Home</p>	<p>7</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 – 11:45 Line Dancing w/ Amy 12:00 Lunch 12:45 Exercise with Dominic 2:00 Going Home</p>	<p>8</p>  <p>10:00 Social Hour, Cards, Games, Coffee 10:30- 11 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 1:00- 2 Bingo w/ Denise by Lynbrook Restorative Therapy</p>
<p>11</p> <p>WE ARE CLOSED</p> 	<p>12</p> <p>Trip to Trader Joe's</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank 12:00 Lunch 12:30- 2:00 Trip to Trader Joe's</p>	<p>13</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Yoga with Robin 2:00 Going Home</p>	<p>14</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 – 11:45 Line Dancing w/ Amy 12:00 Lunch 12:45 Exercise with Dominic 2:00 Going Home</p>	<p>15</p>  <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 12:30- 1:00 Birthday Celebration 1:00 BINGO</p>

Monday	Tuesday	Wednesday	Thursday	Friday
ARTS & CRAFTS 18 10:00 Social Hour, Cards, Games and Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:30 – 2 Sculpture w/ Veronica 1:00 Arts & Crafts OR Game with Debra from NH Project Hope	19 International Men's Day 10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank 12:00 Lunch 1:00 – 2:00 Work out with Sheila 2:00 Going Home	Harmony Healthcare Long Island 20 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Yoga with Robin 1:00 -2:00 HHLI Presentation "Diabetes Awareness"	Site Council 21 10:00 Social Hour, Cards, Games, Coffee 10:45 -11:45 Line Dancing w/ Amy 10:30 Site Council 12:00 Lunch 12:45 Exercise with Dominic 2:00 Going Home	CORNELL 22 Trip to Rottkamp Farm 10:00 Social Hour, Cards, Games, Coffee 10:00 Rottkamp Trip 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 12:45 CORNELL "Finding Sugars in Food Labels" 1:30 Karaoke
Spanish Class 25 10:00 Social Hour, Cards, Games and Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:30- 2 Sculpture w/ Veronica 11:00 Spanish Class with Olga	26 Thanksgiving Breakfast by Site Council 10:00 Social Hour, Cards, Games, Coffee/ BREAKFAST 11:00 Chorus w/ Frank 12:00 Lunch 1:00 – 2:00 Work out with Sheila 2:00 Going Home	27 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Yoga with Robin 2:00 Going Home	28 WE ARE CLOSED 	29 WE ARE CLOSED <p>BE GRATEFUL BE THANKFUL BELIEVE YOU ARE BLESSED</p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: **8:30 - 4**

Meals suggested contribution: **\$3.00**

Transportation suggested contribution: **\$1.00**

Exercise suggested contribution: **\$2.00**

Site Council Meeting: **11/21**

Birthdays Celebration: **11/15**

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