

November 2024













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

	<p>SAVE THE DATE: THANKSGIVING LUNCHEON TUESDAY, NOVEMBER 26TH 12:00PM (ADVANCED RESERVATION ONLY!! MUST BE MADE NO LATER THAN NOVEMBER 15TH)</p>	<p>November is: National Native American Heritage Month National Family Caregivers Month American Diabetes Month</p>		<p>1 10:00 Social 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</p> 
<p>4 10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy</p> 	<p>5 WE ARE CLOSED FOR ELECTION DAY!</p> 	<p>6 10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Nutrition Education Handout 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 Exercise with Teena</p> 	<p>7 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Elaine 11:00 Current Events 12:00 Lunch/Announcements 1:00 Exercise with Robin</p> 	<p>8 10:00 Social 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>11 WE ARE CLOSED FOR VETERAN'S DAY!</p> 	<p>12 10:00 Social 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>13 10:00 Social 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>14 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Elaine 11:00 Current Events 12:00 Lunch/Announcements 1:00 Exercise with Robin</p> 	<p>15 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 "Make the most of your Dr.s Visit"-HHLI 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>18</p> <p>10:00 Social 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>19</p> <p>10:00 Social 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>20</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long</u> with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p> 	<p>21</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Elaine 11:00 "Finding Sugars in Food"- Cornell Coop. 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>22</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Bingo with Annemarie from Cassena Care Nursing & Rehab 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p>25</p> <p>10:00 Social 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>26</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Stephanie Durso 12:00 Thanksgiving Luncheon (Advanced reservations only!) 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>27</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long</u> with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p> 	<p>28</p> <p>WE ARE CLOSED</p> 	<p>29</p> <p>WE ARE CLOSED</p> <p><i>In all things GIVE thanks!</i></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: November 7th

Birthdays Celebration: November 26th

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