

**November 2024**

**Port Washington Senior Community Service Center  
9 Carlton Ave, Port Washington NY 11050  
516-944-9654**



**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 style="text-align: right;">1</p> <p>9:00 Social Hour Coffee, Tea 10:00 Group Puzzle 10:30 Chair Yoga w/Victoria 12:00 Lunch and Announcements 12:30 Supermarket Bingo 2:00 Leave Center</p>
<p style="text-align: right;">4</p> <p>9:00 Social Hour Coffee Tea 9:30 Group Dominos 11:00 Cornell Coop Nutrition Education "Sweet Reads Finding Sugar in Labels" 12:00 Lunch and announcements 12:45 Balance Exercise W/Nick 2:00 Leave the Center</p>	<p style="text-align: right;">5</p>  <p style="text-align: center;">CENTER CLOSED FOR ELECTION DAY</p>	<p style="text-align: right;">6</p> <p>Lunch Reservation Due for week of 11/11</p> <p>9:00 Social Hour Coffee 9:45 TV Tunes 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Group Card Game Dominos 1:00 Decorate the Center 2:00 Leave Center</p>	<p style="text-align: right;">7</p> <p>9:00 Social Coffee Hour 9:30 TV Game shows 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Manicures by Nassau Boces, Barry Tech Students 2:00 Leave Center</p>	<p style="text-align: right;">8</p> <p>Nutrition Education Handout</p> <p>9:00 Social Hour Coffee, Tea 10:00 Group Dominos 10:30 Chair Yoga w/Victoria 12:00 Lunch and Announcements 12:30 Apple Cider Social 2:00 Leave Center</p>
<p style="text-align: right;">11</p>  <p style="text-align: center;">CENTER CLOSED</p>	<p style="text-align: right;">12</p> <p>9:00 Social Hour Coffee, Tea 10:45 Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:40 Group Trivia 2:00 Leave Center</p>	<p style="text-align: right;">13</p> <p>Lunch Reservation Due for week of 11/18</p> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Movie and Popcorn Finding Nemo 2:00 Leave Center</p>	<p style="text-align: right;">14</p> <p>9:00 Social Coffee Hour 9:30 TV Game shows 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Visit from Debra Soon From Charles Evans Center 2:00 Leave Center</p>	<p style="text-align: right;">15</p> <p>9:00 Social Hour Coffee, Tea 10:00 Site Council Meeting 10:30 Chair Yoga w/Victoria 12:00 Lunch and Announcements 12:30 Bingo 2:00 Leave Center</p>

Monday

Tuesday

Wednesday

Thursday

Friday

18	19	20	21	22
<p>9:00 Social Hour Coffee Tea            9:30 Group Dominos  <b>10:30 Chair Yoga w/Victoria</b>            12:00 Lunch and announcements  <b>12:45 Balance Exercise W/Nick</b>            2:00 Leave the Center</p>	<p>9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>            12:00 Lunch and Announcements  <b>12:40 Thanksgiving Grateful Circle Leaves</b>            2:00 Leave Center</p>	<p><b>Lunch Reservation Due for week of 11/25</b></p> <p>9:00 Social Coffee Hour  <b>10:30 Tai Chi W/Joseph</b>            12:00 Lunch and Announcements  <b>12:30 Bingo</b>            2:00 Leave Center</p>	<p>9:00 Social Coffee Hour            9:30 TV Game shows  <b>10:45 Exercise w/Susanne</b>            12:00 Lunch and Announcements  <b>12:30 Visit from Debra Soon From Charles Evans Center</b>            2:00 Leave Center</p>	<p>9:00 Social Hour Coffee, Tea            10:00 Site Council Meeting  <b>10:30 Chair Yoga w/Victoria</b>            12:00 Lunch and Announcements  <b>12:30 Celebrate November Birthdays Craft w/Christen</b>  <b>Thanksgiving cornucopia baskets</b>            2:00 Leave Ctr</p> 
25	26	27	28	29
<p>9:00 Social Hour Coffee Tea            9:30 Group Dominos  <b>10:30 Chair Yoga w/Victoria</b>            12:00 Lunch and announcements  <b>12:45 Balance Exercise W/Nick</b>            2:00 Leave the Center</p>	<p>9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>            12:00 Lunch and Announcements            12:30 Wisdom Circle Group discussion            2:00 Leave Center</p>	<p><b>Lunch Reservation Due for week of 12/2</b></p> <p>9:00 Social Coffee Hour  <b>10:30 Tai Chi W/Joseph</b>            12:00 Lunch and Announcements  <b>12:30 Bingo</b>            2:00 Leave Center</p>	 <p style="text-align: center;"><b>CENTER CLOSED</b></p>	



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

Hours of Operation: 9 am-4 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$ 1.00 each way

Exercise suggested contribution: \$2.00

Site Council Meeting: Nov 29th

Birthdays Celebration: Nov 22nd

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