




Monday

Tuesday

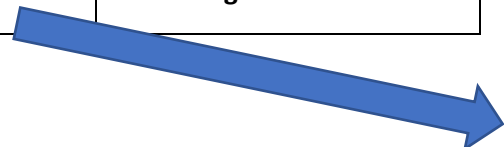
Wednesday

Thursday

Friday

				1
				<p>Center Closed!</p>  <p>All Saints' Day</p>
4	5	6	7	8
<p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Shop at Stop & Shop 11:45 Lima Bean Soup & Tuna Salad 12:30 Thanksgiving Wreath Craft Class 12:45 Bingo & Rummicub</p>	<p>Election Day- please vote 9:00 Welcome & Coffee 10:15 <i>Tai Chi with Denise</i> 10:30 Nutrition with Kiye from Cornell- Sweet Reads 10:45 Shop at North Shore Farms 11:00 Bingo 11:45 Chicken Noodle Soup & Beef Hot Dog 12:30 Thanksgiving Wreath Craft Class 12:45 Bingo & Rummicub</p>	<p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:00 Crafting with Debra 11:00 <i>Chair Exercise w/Mary</i> 11:45 Matzo Ball Soup & Brisket with Gravy 12:30 Lucky Seniors Chorus with Frank 12:45 Bingo & Rummicub</p>	<p>9:00 Welcome & Coffee 10:30 Book Club with Denise 10:30 Bingo & Rummicub 10:45 Shop at Shoprite 11:00 Bingo & Rummicub 11:45 Spinach Egg Drop Soup & Roast Chicken with Rice 12:45 Bingo & Sculpture with Veronica</p>	<p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 <i>Zumba with Andrea</i> 11:00 <i>Sing-A-Long w/Mindy</i> 11:45 Mushroom Barley Soup & Pork Chops Marsala with Pasta 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub</p>
11	12	13	14	15
<p>Veteran's Day- Thank a Vet today for their service! 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Shop at Dollar Tree 11:45 Matzo Ball Soup & Stuffed Cabbage 12:45 Bingo & Rummicub</p>	<p>9:00 Welcome & Coffee 10:15 <i>Tai Chi with Denise</i> 10:30 Bingo & Rummicub 10:45 Shop at Stop & Shop 11:45 Vegetable Soup & Roast Beef with Gravy 12:45 Bingo & Rummicub</p>	<p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:00 <i>Chair Exercise w/Mary</i> 11:45 Spinach Egg Drop Soup & Egg Salad 12:30 Lucky Seniors Chorus with Frank 12:45 Bingo & Rummicub</p>	<p>9:00 <i>Nurse Barbara Visits</i> 10:15 <i>Chair Exercise w/Anne</i> 10:45 Shop at Trader Joes 11:00 Bingo & Rummicub 11:45 Mushroom Barley Soup & Cheese Blintzes 12:30 Manicures- Boces 12:45 Bingo & Sculpture with Veronica</p>	<p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Drop in Craft Class 10:45 <i>Zumba with Andrea</i> 11:45 Lima Bean Soup & Chicken Salad 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub</p>

Turn over for the remainder of the month!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 & 12:30 Movies at the center: Dolittle 10:45 Shop at King Kullen 11:45 Pea Soup & Meatloaf 12:45 Bingo & Rummicub</p>	<p>19</p> <p>Lynn's Retirement Party Join us to wish Lynn well on the next phase of her life! Reservations required! 9:00 Welcome & Free Coffee <i>10:15 Tai Chi with Denise</i> 10:30 Music from Rob & Patty Meade 11:45 Pizza, Salad & Dessert 12:45 Bingo</p>	<p>20</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub <i>11:00 Chair Exercise w/Mary</i> 11:45 Chicken Noodle Soup & Teriyaki Chicken with Rice <i>12:30 Lucky Seniors Chorus with Frank</i> 12:45 Bingo & Rummicub</p>	<p>21</p> <p>9:00 Welcome & Coffee <i>10:15 Chair Exercise w/Anne</i> 10:30 Thanksgiving Celebration with Turkey Trot Races 10:45 Shop at Stop & Shop 11:00 Bingo & Rummicub 11:45 Mushroom Barley & Sliced Turkey with Gravy 12:45 Bingo & Sculpture with Veronica</p>	<p>22</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub <i>10:45 Zumba with Andrea</i> <i>11:00 Sing-A-Long w/Mindy</i> 11:45 Cabbage Soup & Turkey Pot Pie 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub</p>
<p>25</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Shop at Dollar Tree 11:45 Chicken Rice Soup & Scrambled Eggs with Cheese 12:45 Bingo & Rummicub</p>	<p>26</p> <p>9:00 Welcome & Coffee <i>10:15 Tai Chi with Denise</i> 10:30 Bingo & Rummicub 10:45 Shop at North Shore Farms 11:45 Lentil Soup & Beef Stroganoff 12:45 Bingo & Rummicub</p>	<p>27</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub <i>11:00 Chair Exercise w/Mary</i> 11:45 Pea Soup & Tuna Salad <i>12:30 Lucky Seniors Chorus with Frank</i> 12:45 Bingo & Rummicub</p>	<p>28</p> <p>Center closed!</p> 	<p>29</p> <p>Center closed!</p> 



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Program Manager: Lisa Pagliaro

Hours of Operation: 8:30 AM to 1:45 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Exercise suggested contribution: \$2 per class

Site Council Meeting: November 7

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