

December 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>2</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Exercise TBD 12:00 Lunch/Announcements 1:00 Exercise with Cathy 1:00 Site Council Meeting</p> 	<p>3</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>4</p> <p>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>5</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 Winter Craft with Christin 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>6</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 "Here Come the Holidays"-HHLI 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p>9</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 12:30 Manicures given by the students of Nassau Boces 1:00 Exercise with Cathy</p> 	<p>10</p> <p>10:00 Social Hour 10:30 Leave for Concert in North Merrick 10:30 Exercise with Stephanie Durso 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo</p> 	<p>11</p> <p>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 TBD</p> 	<p>12</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 Sing-a-long with Laurie 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p> 	<p>13</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 10:30 Health Assessment 11:00 "Clean Energy"-Cornell Coop. 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p> 
<p>16</p> <p>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>17</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>18</p> <p>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>19</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 "Food Safety Bingo"-Cornell Coop. 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>20</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 10:30 Health Assessment 11:00 "Cyber Security for Seniors". 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">23</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 style="text-align: right;">24</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 style="text-align: right;">25</p> <p>WE ARE CLOSED</p> <p>Merry Christmas</p> <p>AND</p> <p>Happy Hanukkah</p> 	<p style="text-align: right;">26</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 Holiday Bingo 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p> 	<p style="text-align: right;">27</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Crafts sponsored by Aetna 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p> 
<p style="text-align: right;">30</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 style="text-align: right;">31</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Stephanie Durso 11:00 Ring in the New Year with Tom Jones (Impersonator) 12:00 New Year's Luncheon 1:00 Zumba Gold with Nilo</p>	<p style="text-align: center;">WISHING ALL OF YOU A HAPPY, HEALTHY, NEW YEAR!</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: December 2nd

Birthdays Celebration: December 31st

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