

**December 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

2	3	4	5	6
<p>9:00 Social Hour Coffee Tea 9:30 Group Dominos <b>10:30 Strength/Aerobic w/Victoria</b> 12:00 Lunch and announcements <b>12:45 Balance Exercise W/Nick</b> 2:00 Leave 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 Decorate Center Holiday Music</b> 2:00 Leave Center</p>	<p><b>Lunch Reservation Due for week of 12/11</b>  9:00 Social Hour Coffee 9:45 TV Tunes <b>10:30 Tai Chi W/Joseph</b> 12:00 Lunch and Announcements <b>12:30 Bingo w/Prizes</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 Mary Sudell Emmerge Nursing and Rehabilitation</b> 2:00 Leave Center</p>	<p><b>Nutrition Education Handout</b>  9:00 Social Hour Coffee, Tea <b>10:30 Chair Yoga w/Victoria</b> 12:00 Lunch and Announcements <b>12:45 LIAD Brain Fitness Emma Fogarty</b> 2:00 Leave Center</p>
9	10	11	12	13
<p>9:00 Social Hour Coffee Tea 9:30 Group Puzzle 10:00 TV and Announcements <b>11:00 Cornell Coop Nutrition Education "Food Bingo"</b> 12:00 Lunch and Holiday Piano Music with Jennifer <b>12:45 Balance Exercise W/Nick</b> 2:00 Leave Center</p>	<p style="text-align: center;"><b>Trip</b>  <b>Holiday Concert North Merrick</b>  9:00 Social Hour Coffee, Tea <b>9:15 Leave for North Merrick</b> <b>11:00 EAC Holiday Concert at North Merrick SCSC</b> 12:00 Lunch at North Merrick 2:00 Leave Center</p>	<p><b>Lunch Reservation Due for week of 12/16</b> 9:00 Social Hour Coffee 9:45 TV Tunes <b>10:30 Tai Chi W/Joseph</b> 12:00 Lunch and Announcements <b>12:30 Volunteers for Wildlife Presentation</b></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 Charles Evans Center Group discussion</b> 2:00 Leave Center</p>	<p><b>Catered Luncheon and DJ</b>  9:00 Social Hour Coffee, Tea 9:30 Group Puzzle <b>10:30 Chair Yoga w/Victoria</b> 12:00 Catered Lunch from Habor Deli <b>12:30 DJ and Dancing Michele Wachter Lybrook Restorative</b> 2:00 Leave Center</p>
16	17	18	19	20
<p>9:00 Social Hour Coffee Tea 9:30 Group Dominos <b>10:30 Strength/Aerobic w/Victoria</b> 12:00 Lunch and announcements <b>12:45 Balance Exercise W/Nick</b> 2:00 Leave Center</p>	<p>9:00 Social Hour Coffee, Tea <b>10:45 Total Body Fitness w/Susanne</b> 12:00 Lunch and Announcements 12:40 Sing Along Group Dominos 2:00 Leave Center</p>	<p><b>Christmas Meal</b> <b>Lunch Reservation Due for week of 12/23</b> 9:00 Social Hour Coffee 9:45 TV Tunes <b>10:30 Tai Chi W/Joseph</b> 12:00 Lunch and Announcements <b>12:30 Bingo w/Prizes</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 Manicures by Nassau Boces, Barry Tech Students</b></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 December Birthdays Christmas Craft w/Christen</b> 2:00 Leave Center</p> 

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">23</p> <p><b>Lunch Reservation Due for week of 12/30</b>          Hanukkah          9:00 Social Hour Coffee Tea          9:30 Group Dominos  <b>10:30 Strength/Aerobic w/Victoria</b>          12:00 Lunch and announcements  <b>12:45 Balance Exercise W/Nick</b></p>	<p style="text-align: right;">24</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p> 	<p style="text-align: right;">25</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p> 	<p style="text-align: right;">26</p> <p><b>KWANZA</b>          9:00 Social Coffee Hour          9:30 TV Game shows  <b>10:45 Exercise w/Susanne</b>          12:00 Lunch and Announcements          12:30 Group Discussion          1:00 Trivia          2:00 Leave Center</p>	<p style="text-align: right;">27</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 HOLIDAY BINGO</b>          2:00 Leave Center</p> 
<p style="text-align: right;">30</p> <p>9:00 Social Hour Coffee Tea          9:30 Group Dominos  <b>10:30 Strength/Aerobic w/Victoria</b>          12:00 Lunch and announcements  <b>12:45 Balance Exercise W/Nick</b>          2:00 Leave Center</p>	<p style="text-align: right;">31</p> <p><b>New Years Eve Celebration</b>          9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>          12:00 Count down to 12 Noon          Lunch and Announcements          12:40 Apple Pie/Ice Cream Social          2:00 Leave Center</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: December 27th

Birthdays Celebration: December 20th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.