

January 2025

New Horizon Senior Community Service Center 1490 Broadway, Hewlett, NY
516-374-2670

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><i>Meals suggested contribution: \$3.00</i></p> <p><i>Transportation suggested contribution: \$1.00</i></p> <p><i>Exercise suggested contribution: \$2.00</i></p> <p>PLEASE CALL TO RESERVE MEALS ATLEAST 24 HOURS IN ADVANCE</p>		<p>PROGRAM CLOSED</p>	<p>2</p> <p>9:30—Coffee, Word Puzzles and Discussion 9:45—Exercise with Teena 10:00—Piano Sing-a-Long 11:00—Tai Chi 11:00—BINGO 12:00—Lunch 1:00—Karaoke / Mahjong</p>	<p>3</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:15 – Arts & Crafts, Yarn, Board Games 11-11:45 – Exercise with Marilyn 12:00 – Lunch 1:15 – Zumba with Darrell</p>
<p>6</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00—Mahjong 101 11:00—Exercise with Teena 12:00—Lunch 1:00—Book Club</p>	<p>7</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00—Art with Zach 10:15—Exercise w. Barrie 11:15—Trivia 11:15—Karaoke with John 12:00—Lunch 1:00—Jewelry 1:00—Mahjong /Karaoke 2:00—Mahjong</p>	<p>8</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00—Karaoke w. Zach 11:00—Exercise with Anne 12:00—Lunch 1:00—Recipe Club 1:00—CANASTA 1:00—Painting w. Julie (Registration Required) 1:00—Movie: “Inlawfully Yours”</p>	<p>9</p> <p>9:30—Coffee, Word Puzzles and Discussion 9:45—Exercise with Teena 10:00—Piano Sing-a-Long 11:00—Tai Chi 11:00—Scatagories 12:00—Lunch 1:00—Karaoke / Mahjong 2:00—Mahjong Continued</p>	<p>10</p> <p>9:30-- Coffee, Word Puzzles and Discussion 10:15—Mahjong 101 Arts & Crafts, Yarn, Board Games 11-11:45— Exercise with Marilyn 12:00— Lunch 1:15—Zumba w. Darrell</p>
<p>13</p> <p>9:30— Coffee, Word Puzzles and Discussion 10:00 – Art w. Zach 10:00 – Mahjong 101 11:00—Exercise W. Teena 12:00—Lunch 1:00— Book Club</p>	<p>14</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00—Art w. Zach 10:15— TV Exercise 11:15— You be the Judge 11:15— Music with John 12:00— Lunch 1:00— Karaoke / Mahjong 2:00— Mahjong/Board Games</p>	<p>15</p> <p>9:30— Coffee, Word Puzzles and Discussion 10:00— Karaoke w. Zach 11:00— Exercise with Anne 12:00— Lunch 1:00— Recipe Club 1:00—CANASTA 1:00— Dance Party</p>	<p>16</p> <p>9:30— Coffee, Word Puzzles and Discussion 9:45— Exercise with Teena 10:00— Karaoke with John 11:00— Tai Chi 11:00— Jeopardy 12:00— Lunch 1:00— Karaoke w. John</p>	<p>17</p> <p>9:30— Coffee, Word Puzzles and Discussion 10:15—Mahjong 101 Arts & Crafts, Yarn, Board Games 11-11:45— Exercise with Marilyn 12:00—Lunch – January Birthdays 1:15—Zumba w. Darrell</p>
<p>20</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00—Mahjong 101 11:00— Exercise with Teena 12:00—Lunch 1:00— Book Club</p>	<p>21</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00— Art with Zach 10:15—TV Exercise 11:15— Karaoke with John 12:00—Lunch 1:00— Mahjong 1:00—Jewelry/karaoke 2:00—Mahjong/Board Games</p>	<p>22</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00—Karaoke w. Zach 11:00—Exercise with Anne 12:00—Lunch 1:00—Recipe Club 1:00—CANASTA 1:00—Movie: “I Do But I Don’t”</p>	<p>23</p> <p>9:30—Coffee, Word Puzzles and Discussion 9:45—Exercise with Teena 10:00—Piano Sing-a-Long 11:00—Tai Chi 11:00—BINGO 12:00—Lunch 1:00—Karaoke / Mahjong</p>	<p>24</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:15 – Mahjong 101 Arts & Crafts, Yarn, Board Games 11-11:45—Exercise with Marilyn 12:00—Lunch 1:15—Zumba w. Darrell</p>
<p>27</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00 –Art with Zach 10:00 –Mahjong 101 11:00—Exercise with Teena 12:00– Lunch 1:00—Book Club</p>	<p>28</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00— Art with Zach 10:15—Exercise with Barrie 11:15—Karaoke w. John 12:00—Lunch 1:00—Karaoke w. John</p>	<p>29</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:00—Karaoke w. Zach 11:00—Exercise with Anne 12:00—Lunch 1:00—Recipe Club 1:00—CANASTA 1:00—Movie: “Anger Management”</p>	<p>30</p> <p>9:30—Coffee, Word Puzzles and Discussion 9:45—Exercise with Teena 10:00— Karaoke w. John 11:00— Tai Chi 12:00—Lunch 1:00-- Karaoke w. John/Mahjong</p>	<p>31</p> <p>9:30—Coffee, Word Puzzles and Discussion 10:15 – Mahjong 101 Arts & Crafts, Yarn, Board Games 11-11:45—Exercise with Marilyn 12:00—Lunch 1:15—Zumba w. Darrell</p>