

Monday

Tuesday

Wednesday

Thursday

Friday

	<p><b>FAMOUS PEOPLE BORN IN JANUARY:</b>  <b>MARTIN LUTHER KING, JR.</b>  <b>ELVIS PRESLEY</b>  <b>ALEXANDER HAMILTON</b>  <b>FRANKLIN D. ROOSEVELT</b>  <b>OPRAH WINFREY</b>  <b>ELLEN DEGENERES</b>  <b>MARILYN MANSON</b></p>	<p><b>WE ARE CLOSED</b></p> 	<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:00 Exercise with Robin</b>  <b>11:00 Managing Chronic Illness with Kadeem Seymore- Remote Focus</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Exercise with Marvin</b></p>	<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:00 Exercise with Teena</b>  <b>11:00 Sing-a-long with Laurie</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Movement for Flexibility</b></p> 
<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:30 Flex, Stretch &amp; Tone with Nick</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Exercise with Cathy</b></p> 	<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:00 Nutrition Education Handout</b>  <b>10:30 Exercise with Stephanie Durso</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Zumba Gold with Nilo</b>  <b>1:00 Needlepoint with Terese</b></p> 	<p><b>10:00 Social Hour</b>  <b>10:00 Zumba Gold w/Darryl</b>  <b>10:00 Cards/Games</b>  <b>11:00 Sing-A-Long with Frank</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Site Council Meeting</b>  <b>1:00 Exercise with Teena</b></p> 	<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:00 Exercise with Robin</b>  <b>11:00 "Healthy Living for Your Brain and Body" with Alaina Nathan</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Exercise with Marvin</b></p>	<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:00 Exercise with Teena</b>  <b>11:00 Reminiscing with Denise and Michele</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Movement for Flexibility</b></p>
<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:30 Yoga with Eileen</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Exercise with Cathy</b></p> 	<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:30 Exercise with Stephanie Durso</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Zumba Gold with Nilo</b>  <b>1:00 Needlepoint with Terese</b></p> 	<p><b>10:00 Social Hour</b>  <b>10:00 Zumba Gold w/Darryl</b>  <b>10:00 Cards/Games</b>  <b>11:00 Sing-A-Long with Frank</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Exercise with Teena</b></p> 	<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:00 Exercise with Robin</b>  <b>11:00 Current Events</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Exercise with Marvin</b></p>	<p><b>10:00 Social Hour</b>  <b>10:00 Cards/Games</b>  <b>10:00 Health Assessment</b>  <b>10:00 Exercise with Teena</b>  <b>11:00 Fun and Games</b>  <b>12:00 Lunch/Announcements</b>  <b>1:00 Movement for Flexibility</b></p>

Monday

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Friday

<p style="text-align: right;">20</p> <p><b>WE ARE CLOSED</b></p>  <p><b>MARTIN LUTHER KING JR. DAY</b></p>	<p style="text-align: right;">21</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;">22</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 style="text-align: right;">23</p> <p>10:00 Social Hour  10:00 Cards/Games  10:00 Exercise with Robin  11:00 <b>Let's Shoot the Breeze</b>  12:00 Lunch/Announcements  1:00 Exercise with Marvin</p>	<p style="text-align: right;">24</p> <p>10:00 Social Hour  10:00 Cards/Games  10:00 Exercise with Teena  11:00 <b>Music Trivia</b>  12:00 Lunch/Announcements  1:00 Movement for Flexibility</p>
<p style="text-align: right;">27</p> <p>10:00 Social Hour  10:00 Cards/Games  10:30 Flex, Stretch &amp; Tone with Nick  12:00 Lunch/Announcements  1:00 Exercise with Cathy</p> 	<p style="text-align: right;">28</p> <p>10:00 Social Hour  10:00 Cards/Games  10:30 <b>Yoga with Eileen</b>  12:00 Lunch/Announcements  1:00 Zumba Gold with Nilo  1:00 Needlepoint with Terese</p> 	<p style="text-align: right;">29</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 style="text-align: right;">30</p> <p>10:00 Social Hour  10:00 Cards/Games  10:00 Exercise with Robin  11:00 <b>Trivia</b>  12:00 Lunch/Announcements  1:00 Exercise with Marvin</p>	<p style="text-align: right;">31</p> <p>10:00 Social Hour  10:00 Cards/Games  10:00 Exercise with Teena  11:00 <b>Bingo with Anne Marie (LB Nursing and Rehabilitation)</b>  12:00 Lunch/Announcements  1:00 <b>Yoga with Eileen</b></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: January 8<sup>th</sup>

Birthdays Celebration: January 29<sup>th</sup>

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