

Monday

Tuesday

Wednesday

Thursday

Friday

		<p style="text-align: center;"><b>CENTER CLOSED</b></p>	<p style="text-align: right;">1</p> <p style="text-align: right;">2</p> <p style="text-align: right;"><b>Lunch Reservation Due for week of 1/6</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        12:30 New Years Memories Round Table</p>	<p style="text-align: right;">3</p> <p style="text-align: right;"><b>Nutrition Education Handout</b></p> <p>9:00 Social Hour Coffee, Tea  <b>10:30 Strength/Aerobic w/Victoria</b>        12:00 Lunch and Announcements  <b>12:45 Bingo w/Prizes</b>        2:00 Leave Center</p>
<p style="text-align: right;">6</p> <p>9:00 Social Hour Coffee Tea        9:30 Group Puzzle  <b>10:30 Chair Yoga w/Victoria</b>        12:00 Lunch and announcements  <b>12:45 Group Trivia</b>  <b>1:15 Group Dominos</b>        2:00 Leave Center</p>	<p style="text-align: right;">7</p> <p>9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>        12:00 Lunch and Announcements  <b>12:45 Decorate Center</b>  <b>1:15 Bingo</b>        2:00 Leave Center</p>	<p style="text-align: right;">8</p> <p style="text-align: right;">9</p> <p style="text-align: right;"><b>Lunch Reservation Due for week of 1/13</b></p> <p>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 style="text-align: right;">10</p> <p>9:00 Social Hour Coffee, Tea  <b>10:00 St Francis Bus Arrives</b>  <b>10:30 Strength/Aerobic w/Victoria</b>        12:00 Lunch and Announcements  <b>1:30 Saint Francis Bus Departs</b>        2:00 Leave Center</p>	
<p style="text-align: right;">13</p> <p>9:00 Social Hour Coffee Tea        9:30 Group Dominos  <b>10:30 Chair Yoga w/Victoria</b>        12:00 Lunch and announcements  <b>12:45 Movie TBD</b>        2:00 Leave Center</p>	<p style="text-align: right;">14</p> <p>9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>        12:00 Lunch and Announcements  <b>12:45 Board Games Yahtzee</b>        2:00 Leave Center</p>	<p style="text-align: right;">15</p> <p style="text-align: right;">16</p> <p style="text-align: right;"><b>Lunch Reservation Due for week of 1/21</b></p> <p>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 style="text-align: right;">17</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 Hot Cocoa and Cookies w/ Carnival themed Games</b></p>	<p>9:00 Social Hour Coffee, Tea        10:00 Site Council Meeting  <b>10:30 Strength/Aerobic w/Victoria</b>        12:00 Lunch and Announcements  <b>12:30 NYU Langone Stroke Prevention Presentation</b>        2:00 Leave Center        10:00 Site Council Meeting</p>


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<p style="text-align: right;">20</p> <p><b>CENTER CLOSED</b> <b>Martin Luther King Day</b></p> 	<p style="text-align: right;">21</p> <p>9:00 Social Hour Coffee, Tea 10:45 Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:30 Movie and Popcorn Daddys Home II 2:00 Leave Center</p>	<p style="text-align: right;">22</p> <p>Lunch Reservation Due for week of 1/27</p> <p>9:00 Social Hour Coffee 9:45 TV Tunes 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Bingo w/Prizes 2:00 Leave Center</p>	<p style="text-align: right;">23</p> <p>9:00 Social Coffee Hour 9:30 TV Game shows 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Manicures by Barry Tech Students</p> 	<p style="text-align: right;">24</p> <p>9:00 Social Hour Coffee, Tea 10:00 Site Council Meeting 10:30 Strength/Aerobic w/Victoria 12:00 Lunch and Announcements 12:30 Celebrate January Birthdays</p> 
<p style="text-align: right;">27</p> <p>9:00 Social Hour Coffee Tea 9:30 TV Sing Along 10:30 Chair Yoga w/Victoria 12:00 Lunch and announcements 12:45 Michele Wachter event Horse Racing 2:00 Leave Center</p>	<p style="text-align: right;">28</p> <p>9:00 Social Hour Coffee, Tea 10:45 Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:45 Card and Word Games 1:15 TV Trivia 2:00 Leave Center</p>	<p style="text-align: right;">2</p> <p>Lunch Reservation Due for week of 2/3</p> <p>9:00 Social Hour Coffee 9:45 TV Tunes 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Bingo w/Prizes 2:00 Leave Center</p>	<p style="text-align: right;">30</p> <p>9:00 Social Coffee Hour 9:30 TV Game shows 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 TV Time 30 Minute old Fashioned Sitcoms 2:00 Leave Center</p>	<p style="text-align: right;">31</p> <p>9:00 Social Hour Coffee, Tea 10:30 Strength/Aerobic w/Victoria 12:00 Lunch and Announcements 12:30 January Craft w/Christen Nash</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 a class.

Site Council Meeting: Jan 17th

Birthdays Celebration: Jan 24th

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