



Monday

Tuesday

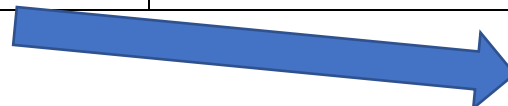
Wednesday

Thursday

Friday

				<p>♥ Happy ♥ Valentine's — Day —</p>
<p>3</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Shop at Stop & Shop 11:45 Pea Soup & Vegetable Lasagna w/Bechamel Sauce 12:30 Valentine's Frame Craft Class 12:45 Bingo & Rummicub</p>	<p>4</p> <p>9:00 Welcome & Coffee 10:15 Tai Chi with Denise 10:30 Bingo & Rummicub 10:45 Shop at North Shore Farms 11:45 Corn Chowder & Beef Stew with Noodles 12:30 Valentine's Frame Craft Class 12:45 Bingo & Rummicub</p>	<p>5</p> <p><i>Molloy Nursing Students</i> 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:45 Lentil Soup & Chicken Francese over Orzo 12:30 Lucky Seniors Chorus with Frank 12:45 Bingo & Rummicub</p>	<p>6</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 Chair Exercise w/Mary 10:45 Shop at Trader Joes 11:45 Matzo Ball Soup & Cheese Blintzes 12:45 Bingo & Sculpture with Veronica</p>	<p>7</p> <p><i>Superbowl Friday- wear your favorite team's apparel or colors!</i> 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:00 Sing-A-Long w/Mindy 11:45 Vegetable Soup & Chicken Salad 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub</p>
<p>10</p> <p>9:00 Welcome & Coffee 10:30 Nutrition class with Khy Ee & Annual screening 10:45 Shop at Dollar Tree 11:00 Bingo & Rummicub 11:45 Tomato Rice Soup & Salisbury Steak w/Noodles 12:45 Bingo & Rummicub</p>	<p>11</p> <p>9:00 Welcome & Coffee 10:15 Tai Chi with Denise 10:30 Bingo & Rummicub 10:45 Shop at Stop & Shop 11:00 Crafting with Debra from COMPHS 11:45 Chicken Rice Soup & Chicken Cordon Blue 12:45 Bingo & Rummicub</p>	<p>12</p> <p><i>Molloy Nursing Students</i> 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:45 Corn Chowder & Pork with Apples 12:45 Bingo & Rummicub</p>	<p>13</p> <p>9:00 Welcome & Coffee 10:30 Chair Exercise w/Mary 10:30 Valentine's Day party -music from the Bay City Ramblers- reservations required! 11:45 Pea Soup & Stuffed Cabbage 12:45 Bingo & Sculpture with Veronica</p>	<p>14</p> <p><i>Happy Valentine's Day</i> 9:00 Welcome & Coffee 10:30 Valentine's Day Bingo 10:45 Zumba with Andrea 11:45 Matzo Ball Soup & Brisket with Gravy 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub</p>

Turn over for more!!




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Thursday

Friday

<p>Center closed!</p> 	<p>17 18</p> <p>9:00 Welcome & Coffee 10:00 Nurse Barbara Visits 10:15 Tai Chi with Denise 10:30 Bingo & Rummicub 10:45 Shop at Shoprite 11:45 Corn Chowder & Apricot Dijon Pork with Rice 12:45 Bingo & Rummicub</p>	<p>19</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:45 Turkey Gumbo & Meatloaf with Gravy 12:30 Lucky Seniors Chorus with Frank 12:45 Bingo & Rummicub</p>	<p>20</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 Chair Exercise w/Mary 10:45 Shop at Dollar Tree 11:45 Mushroom Barley Soup & Pot Roast with Gravy 12:45 Bingo & Sculpture with Veronica</p>	<p>21</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:45 Zumba with Andrea 11:00 Sing-A-Long w/Mindy 11:45 Minestrone Soup & Ravioli 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub</p>
<p>24</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 & 12:30 Movies at the center: Return to me 10:45 Shop at King Kullen 11:45 Lentil Soup & Egg Salad 12:45 Bingo & Rummicub</p>	<p>25</p> <p>9:00 Welcome & Coffee 10:15 Tai Chi with Denise 10:30 Bingo & Rummicub 10:45 Shop at Stop & Shop 11:45 Mushroom Barley Soup & Hot Open Turkey 12:45 Bingo & Rummicub</p>	<p>26</p> <p>Molloy Nursing Students 9:00 Welcome & Coffee 10:30 Bingo & Rummicub 11:45 Matzo Ball Soup & Beef Burgundy 12:30 Lucky Seniors Chorus with Frank 12:45 Bingo & Rummicub</p>	<p>27</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 Chair Exercise w/Mary 10:45 Shop at CVS, Ivarone, Dunkin & Card Store 11:45 Minestrone Soup & Chicken Parmesan w/Penne 12:30 Ice Cream Social & Movie Trivia 12:45 Bingo & Sculpture with Veronica</p>	<p>28</p> <p>9:00 Welcome & Coffee 10:30 Bingo & Rummicub 10:30 Drop in Craft Class 10:45 Zumba with Andrea 11:45 Pea Soup & Stuffed Pepper 12:30 Spiritual Group with Denise- all are welcome 12:45 Bingo & Rummicub</p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Program Manager: Lisa Pagliaro

Hours of Operation: 8:30 AM to 1:45 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Exercise suggested contribution: \$2 per class

Site Council Meeting: February 20

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