

Monday

Tuesday

Wednesday

Thursday

Friday

		<p><b>Super Bowl Day 2/9</b></p> 		<p><b>The 2025 Black History Month theme, "African Americans and Labor," is a powerful reflection on the pivotal role that the hard work of African Americans has played in shaping our country's history.</b></p>
<p>3</p> <p>10:00 Social Hour, Cards, Game, Coffee <b>10:45 Yoga w/Connie</b> 11:45 Announcements 12:00 Lunch <b>12:45 Sculpture Class w/ Veronica</b></p>	<p>4</p> <p><b>Celebrating Black History Month</b></p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:00 Breakfast</b> <b>11:00 Chorus w/ Frank</b> 12:00 Lunch <b>12:30 – 2:00 Black History Activities</b></p>	<p>5</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise w/ Robin</b></p>	<p>6</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Line Dancing w/Amy</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga w/ Dominic</b></p>	<p>7</p> <p><b>Super Bowl 2025 Game &amp; Comedian in the House</b></p> <p>10:00 Social Hours, Cards, Games, Coffee <b>10:30 Volunteer Program AHRC Nassau</b> <b>10:00 Super Bowl Game</b> <b>11:00 Exercise w/ Sandra</b> 12:00 Lunch <b>12:30 Presentation by Michelle on "Medicare 2025"</b> <b>1:00 Comedian Howard Newman</b></p>
<p>10</p> <p><b>ARTS &amp; CRAFTS</b></p> <p>10:00 Social Hour, Cards, Games and Coffee <b>10:45 Yoga w/ Connie</b> 11:45 Announcements 12:00 Lunch <b>12:30 – 2 Sculpture w/ Veronica</b> <b>1:00 Arts &amp; Crafts OR Game with Debra from NH Project Hope</b></p>	<p>11</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>11:00 Chorus w/ Frank</b> 12:00 Lunch 12:30 Announcement <b>1:00 Exercise w/ Sheila</b></p>	<p>12</p> <p><b>WE ARE CLOSED</b></p>  <p>— Abraham Lincoln</p>	<p>13</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Line Dancing w/Amy</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga w/ Dominic</b></p>	<p>14</p> <p><b>Valentine's Day</b></p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:30 Volunteer Program AHRC Nassau</b> <b>10:00 Valentines' Card Exchange</b> <b>11:00 Exercise w/ Sandra</b> 12:00 Lunch <b>12:30-2:00 Valentines Celebration w/ DJ Sponsor By Healthfirst</b></p>


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<p style="text-align: right;">17</p> <p><b>WE ARE CLOSED</b></p>  <p>★Happy President's Day★</p>	<p style="text-align: right;">18</p> <p><b>NYU Presentation</b></p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>11:00 Chorus w/ Frank</b>  12:00 Lunch  <b>12:45 – 2:00 NYU presentation on "STROKE and RECOGNIZING IT'S SYMPTOMS"</b></p>	<p style="text-align: right;">19</p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:45 Tai Chi w/ John</b>  11:45 Announcements  12:00 Lunch  <b>12:45 Exercise w/ Robin</b></p>	<p style="text-align: right;">20</p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:45 Line Dancing w/Amy</b>  11:45 Announcements  12:00 Lunch  <b>12:45 Yoga w/ Dominic</b></p>	<p style="text-align: right;">21</p> <p><b>HAPPY BIRTHDAY!</b></p> <p><b>CORNELL</b></p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:30 Volunteer Program AHRC Nassau</b>  <b>11:00 Exercise w/ Sandra</b>  12:00 Lunch  <b>12:30 Birthday Celebration</b>  <b>12:45 Cornell "Heart Health"</b></p>
<p style="text-align: right;">24</p> <p>10:00 Social Hour, Cards, Game, Coffee  <b>10:45 Yoga w/Connie</b>  11:45 Announcements  12:00 Lunch  <b>12:45 Sculpture Class w/ Veronica</b></p>	<p style="text-align: right;">25</p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>11:00 Chorus w/ Frank</b>  12:00 Lunch  12:30 Announcement  <b>1:00 Exercise w/ Sheila</b></p>	<p style="text-align: right;">26</p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:45 Tai Chi w/ John</b>  11:45 Announcements  12:00 Lunch  <b>12:45 Exercise w/ Robin</b></p>	<p style="text-align: right;">27</p> <p><b>SITE COUNCIL</b></p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:30 SITE COUNCIL</b>  <b>10:45 Line Dancing w/Amy</b>  11:45 Announcements  12:00 Lunch  <b>12:45 Yoga w/ Dominic</b></p>	<p style="text-align: right;">28</p> <p><b>Shopping trip to Western Beef</b></p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:30 Volunteer Program AHRC Nassau</b>  <b>11:00 Exercise w/ Sandra</b>  12:00 Lunch  <b>12:30 Shopping Trip to Western Beef</b></p>



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation: **8:30 – 4:00**

Meals suggested contribution: **\$3.00**

Transportation suggested contribution: **\$1.00**

Exercise suggested contribution: **\$2.00**

Site Council Meeting: **2/27/25**

Birthdays Celebration: **2/21/25**

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