

Monday

Tuesday

Wednesday

Thursday

Friday



3

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Mexican Train  
10:30-11:30 Intergeneration  
11:00 Visit from LIU students  
11:00 Bingo with Dennis from Lynbrook Rehabilitation Center  
12:00 Lunch  
12:30 Mahjong  
12:45 Fitness Fun with Victoria  
1:45 Announcements  
2:00 Bus leaves the center

4

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards  
10:00 Exercise with Cindi  
10:30-12:30 Intergeneration  
11:00 Nutrition Education "Heart Health"  
12:00 Lunch  
12:45-1:30 Chorus with Frank  
1:30-2:00 Cards and games  
1:45 Announcements  
2:00 Bus leaves the center.

5

9:30 Social hour/coffee time  
10:00-12:00 Cards/Mexican Train/Billiards  
10:45 Left-Center-Right  
12:00 Lunch  
12:45 Exercise with Nick  
1:30 Site Council Meeting  
1:45 Announcements  
2:00 Bus leaves the center

6

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Mexican Train  
10:30-12:00 Arts and crafts  
11:00 Tai Chi with Joseph  
11-12:00 Intergeneration  
12:00 Lunch  
12:30 Mahjong  
12:45 Time to play the games  
1:45 Announcements  
2:00 Bus leaves the center

7

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards  
10:30-12:00 Quilting class w/ Victoria  
12:00 Lunch  
12:30 Trip to Shoprite/Walmart  
12:45 Exercise with Victoria  
1:45 Announcements  
2:00 Bus leaves the center

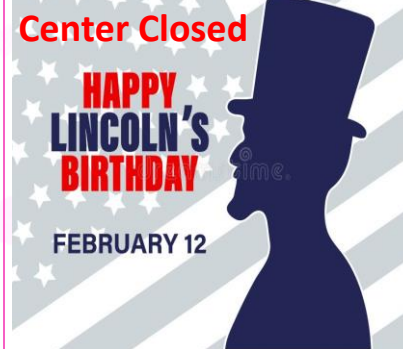
10

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Mexican Train  
10:30-11:30 Intergeneration  
11:00 Zumba Gold with Marilyn  
11:00 Visit from LIU students  
12:00 Lunch  
12:30 Mahjong  
12:45 Fitness Fun with Victoria  
1:45 Announcements  
2:00 Bus leaves the center

11

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards  
10:30 Exercise with Cindi  
10:30-12:30 Intergeneration  
12:00 Lunch  
12:45-1:30 Chorus with Frank  
1:30-2:00 Cards and games  
1:45 Announcements  
2:00 Bus leaves the center.

12



13

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Mexican Train  
10:30-12:00 Arts and crafts  
11:00 Tai Chi with Joseph  
11-12:00 Intergeneration  
12:00 Lunch  
12:30 Mahjong  
12:45 Trip to Dollar Store  
1:45 Announcements  
2:00 Bus leaves the center

14

**Valentine's Day**  
9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards  
10:30-12:00 Quilting class w/ Victoria  
12:00 Lunch  
12:30 Valentine's Party  
1:45 Announcements  
2:00 Bus leaves the center

Monday

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17

**CENTER CLOSED**



— HAPPY —  
**PRESIDENT'S DAY**  
★ ★ ★ ★ ★

18

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards  
**10:30 Exercise with Cindi**  
12:00 Lunch  
**12:45-1:30 Chorus with Frank**  
1:30-2:00 Cards and games  
1:45 Announcements  
2:00 Bus leaves the center.

19

9:30 Social hour/coffee time  
10:00-12:00 Cards/Mexican Train/Billiards  
**10:45 Zumba with Andrea**  
12:00 Lunch  
**12:45 Exercise with Nick**  
1:45 Announcements  
2:00 Bus leaves the center

20

**National Muffin Day**

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Mexican Train  
**11:00 Tai Chi with Joseph**  
12:00 Lunch  
**12:30 Mahjong**  
**12:45 Trip to Shoprite**  
**1:00 Bingo**  
1:45 Announcements  
2:00 Bus leaves the center

21

**Birthday Celebration**

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards  
**10:30-12:00 Quilting class w/ Victoria**  
12:00 Lunch  
**12:45 Zumba with Andrea**  
1:45 Announcements  
2:00 Bus leaves the center

24

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Mexican Train  
10:30-11:30 Intergeneration  
**11:00 Visit from LIU students**  
12:00 Lunch  
**12:30 Mahjong**  
**12:45 Fitness Fun with Victoria**  
1:45 Announcements  
2:00 Bus leaves the center

25

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards  
**10:00-12:00 Health Assessment**  
**10:30 Exercise with Cindi**  
10:30-12:30 Intergeneration  
12:00 Lunch  
**12:45-1:30 Chorus with Frank**  
1:30-2:00 Cards and games  
1:45 Announcements  
2:00 Bus leaves the center.

26

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards/Mexican Train  
**10:45 Zumba with Andrea**  
12:00 Lunch  
**12:45 Exercise with Nick**  
1:45 Announcements  
2:00 Bus leaves the center

27

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Mexican Train  
**10:30-12:00 Arts and crafts**  
**11:00 Tai Chi with Joseph**  
11-12:00 Intergeneration  
12:00 Lunch  
**12:30 Mahjong**  
**12:45 Time to play the games**  
1:45 Announcements  
2:00 Bus leaves the center

28

**Island Harvest**

9:30 Social hour/coffee time  
10:00-12:00 Billiards/Cards  
**10:30-12:00 Quilting class w/ Victoria**  
**11:00 Stand by comedy by Howard Newman**  
12:00 Lunch  
**12:45 Zumba with Andrea**  
1:45 Announcements  
2:00 Bus leaves the center



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

**Hours of Operation: 8:30-4:00**

**Meals suggested contribution: \$3.00**

**Transportation suggested contribution: \$1.00 Each way**

**Exercise suggested contribution: \$2.00**

**Site Council Meeting: 02/05/2025**

**Birthdays Celebration: 02/21/2025**

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