












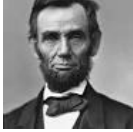

Monday

Tuesday

Wednesday

Thursday

Friday

				
<p>3</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 <u>Exercise with Cathy</u></p> 	<p>4</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Yoga with Eileen 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p> 	<p>5</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 <u>Exercise with Teena</u></p> 	<p>6</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Nutrition Education Handout 10:00 Exercise with Robin 11:00 Black History Month Trivia 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>7</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Sing-a-long with Laurie 12:00 Lunch/Announcements 1:00 Movement for Flexibility 1:00 Site Council Meeting</p> 
<p>10</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 <u>Exercise with Cathy</u></p> 	<p>11</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>12</p> <p>WE ARE CLOSED FOR LINCOLN'S BIRTHDAY!</p> 	<p>13</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 Valentine's Day Craft 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>14</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 10:30 Health Assessment 11:00 Reminiscing 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p> 






Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">17</p> <p style="text-align: center;">WE ARE CLOSED FOR PRESIDENT'S DAY!</p>	<p style="text-align: right;">18</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;">19</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;">20</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 Molloy University Nursing Students/Heart Health 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p style="text-align: right;">21</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Bingo for Prizes 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p style="text-align: right;">24</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy</p> 	<p style="text-align: right;">25</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;">26</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;">27</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 "Food Connects Us"-Cornell Cooperative Extension 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p style="text-align: right;">28</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 President's Month Trivia 12:00 Lunch/Announcements 1:00 Movement for Flexibility</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: February 7th

Birthdays Celebration: February 27th

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