

Monday

Tuesday

Wednesday

Thursday

Friday

				
<p>Incoming Speaker 3 9:00 Social Hour Coffee Tea 9:30 Group Puzzle 10:30 Chair Yoga w/Victoria 12:00 Lunch and announcements 12:45 Cornell Cooperative Heart Health/Wear Red</p> 	<p>4 9:00 Social Hour Coffee, Tea 9:45 Decorate Center Welcome Party 10:45 Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:30 Trivia w/Mary 1:30 Group Puzzle</p>	<p>5 Lunch Reservation Due for week of 2/10 9:00 Social Hour Coffee 9:45 TV Cartoon Time 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 Hot Cocoa and Cookies w/ Carnival themed Games</p>	<p>6 9:00 Social Coffee Hour 9:30 TV Game Show Central 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Movie and Popcorn</p> 	<p>7 Nutrition Education Handout 9:00 Social Hour Coffee, Tea 10:00 Group Dominos 10:30 Strength/Aerobic w/Victoria 12:00 Lunch and Announcements 12:45 Music Therapy Harmonicas w/Lynda and Mary Sudell Emerge 2:00 Group Domino Game</p>
<p>10 9:00 Social Hour Coffee Tea 9:30 Group Trivia 10:30 Chair Yoga w/Victoria 12:00 Lunch and announcements 12:45 Nick Balance Exercise Class 1:45 TV Time Name that Tune</p>	<p>11 Incoming Speaker Lunch Reservation Due for week of 2/17 9:00 Social Hour Coffee, Tea 9:45 Music Trivia 10:45 Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:30 NY Connects Presentation Programs of OFA</p>	<p>12 CENTER CLOSED</p>  <p>LINCOLN'S BIRTHDAY</p>	<p>13 9:00 Social Coffee Hour 9:30 Group Puzzle 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Manicures by Barry Tech Students</p> 	<p>14 VALENTINES PARTY 9:00 Social Hour Coffee, Tea 10:00 Group Puzzle 10:30 Strength/Aerobic w/Victoria 11:40 Site Council Rep Meeting 12:00 Lunch and Announcements 12:30 Valentines Party and Music Dancing Bingo</p>

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Friday

<p style="text-align: right;">17</p> <p style="text-align: center;">CENTER CLOSED</p> 	<p style="text-align: right;">18</p> <p>9:00 Social Hour Coffee, Tea 9:45 Group Dominos 10:45 Total Body Fitness w/Susanne 12:00 Lunch and Announcements</p>  <p>12:30 Bingo</p>	<p style="text-align: right;">19</p> <p>Lunch Reservation Due for week of 2/24</p> <p>9:00 Social Hour Coffee 9:45 TV Tunes 10:30 Tai Chi W/Joseph 12:00 Lunch and Announcements 12:30 LIAD Brain Fitness Emma Fogarty Games Trivia Brain Teasers</p>	<p style="text-align: right;">20</p> <p>9:00 Social Coffee Hour 9:30 Group Dominos 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Debra Soon Charles Evan Center Craft and Group Discussion</p>	<p style="text-align: right;">21</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 February Birthdays Cake 12:30 Heart Health Presentation by Rosella Castrogiovanni</p>
<p style="text-align: right;">24</p> <p>9:00 Social Hour Coffee Tea 9:30 Group Puzzle 10:30 Chair Yoga w/Victoria 12:00 Lunch and announcements 12:45 Nick Balance Exercise Class 1:45 Group Card Games</p>	<p style="text-align: right;">25</p> <p>9:00 Social Hour Coffee, Tea 9:45 Wisdom Circle 10:45 Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:30 Sing Along Karaoke</p>	<p style="text-align: right;">26</p> <p>Lunch Reservation Due for week of 3/3</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</p>	<p style="text-align: right;">27</p> <p>9:00 Social Coffee Hour 9:30 TV Game Shows 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:30 Group Card Game 1:30 TV Sitcoms Oldies But Goodies</p>	<p style="text-align: right;">28</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 Christen Nash Craft 1:30 Group Puzzle</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 each class

Site Council Meeting: Friday 21st

Birthdays Celebration: Friday 21st

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