

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">3</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Yoga with Connie</b> 11:45 Announcements 12:00 Lunch <b>12:45 Sculpture Class w/ Veronica</b></p>	<p style="text-align: right;">4</p> <p><b>Shopping to Burlington Department Store</b></p> <p>10:00 Social Hour, Cards, Games, Coffee <b>11:00 Chorus w/ Frank</b> 12:00 Lunch 12:30 Announcements <b>1:00 Shopping at Burlington</b></p>	<p style="text-align: right;">5</p> <p><b>ASH WEDNESDAY</b></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/ Robbin</b></p>	<p style="text-align: right;">6</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Line Dancing w/ Amy</b> 11:45 Announcement 12:00 Lunch <b>12:45 Yoga w/ Dominick</b></p> 	<p style="text-align: right;">7</p> <p><b>Shopping Trip to Dollar Tree</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 – 2:00 Shopping to Dollar Tree in Bladwin</b></p>
<p style="text-align: right;">10</p> <p><b>Art and Craft</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- 2:00 Come Chat &amp; Explore our Creativity w/ Debra Soon</b></p>	<p style="text-align: right;">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 style="text-align: right;">12</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;">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/ Dominick</b></p> 	<p style="text-align: right;">14</p> <p><b>BINGO with Dennise</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>1:00 - 2:00 bingo W/ Denisse Lynbrook Restorative</b></p>
<p style="text-align: right;">17</p> <p><b>Spanish Time</b></p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Yoga with Connie</b> 11:45 Announcements 12:00 Lunch <b>12:45 Sculpture Class w/ Veronica</b> <b>1:00 Spanish w/ Olga</b></p>	<p style="text-align: right;">18</p> <p><b>Celebrating Our Women/Games Day</b></p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:00 Celebrating Women Day with Breakfast</b> <b>11:00 Chorus w/ Frank</b> 12:00 Lunch 12:30 Announcement <b>1:00 Let's have an hour of fun by playing some games and price winning!</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 Hours, Cards Games, Coffee <b>10:45 Line Dancing w/ Amy</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga W/ Dominick</b></p> 	<p style="text-align: right;">21</p> <p><b>HAPPY BIRTHDAY!</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- 2:00 Birthday Celebration</b> <b>KARAOKE TIME</b></p>

Monday

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Friday

<p>24</p> <p><b>Spanish Time</b></p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:45 Yoga with Connie</b>  11:45 Announcements  12:00 Lunch  <b>12:45 Sculpture Class w/ Veronica</b>  <b>1:00 Spanish w/ Olga</b></p>	<p>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>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>27</p> <p>10:00 Social Hours, Cards, Games, Coffee  <b>10:45 Line Dancing w/ Amy</b>  11:45 Announcements  12:00 Lunch  <b>12:45 Yoga w/ Dominick</b></p> 	<p>28</p> <p><b>SITE COUNCIL CORNELL</b></p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:30 Volunteer Program AHRC Nassau</b>  <b>10:30 SITE COUNCIL</b>  <b>11:00 Exercise w/ Sandra</b>  12:00 Lunch  <b>12:45 Cornell "Nutrition through the life cycle"</b></p>
<p>31</p> <p>10:00 Social Hour, Cards, Games, Coffee  <b>10:45 Yoga with Connie</b>  11:45 Announcements  12:00 Lunch  <b>12:45 Sculpture Class w/ Veronica</b></p>			<p><b>Daylight Saving Time is on 3/9</b></p> <p><b>Spring forward</b></p> <p>Don't forget to set clocks ahead one hour at 2 a.m. Sunday.</p>  <p>AP</p>	<p><b>Happy Birthday to all our March Birthdays</b></p> 



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:00 – 4:00 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting: 3/28/25

Birthdays Celebration: 3/21/25

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