

March 2025

New Horizon Senior Community Service Center 1490 Broadway, Hewlett, NY
516-374-2670

Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30—Coffee, Word Puzzles and Discussion 10:00—Mahjong 101 11:00—Exercise w. Teena 12:00—Lunch 1:00—Book Club	4 9:30—Coffee, Word Puzzles and Discussion 10:00—Art w. Zach (Mardi Gras theme) 10:15—Exercise w. Barrie 11:00—Nurse’s Health Presentation 11:15—Karaoke w. John 12:00—Lunch 1:00—Jewelry 1:00—Karaoke / Mahjong	5 9:30—Coffee, Word Puzzles, and Discussion 10:00—Karaoke w. Zach 10:30 – 11:30—Exercise with Teena 12:00—Lunch 1:00—CANASTA 1:00—Movie – Plan B	6 9:30—Coffee, Word Puzzles and Discussion 9:45—Exercise with Teena 10:00— Karaoke w. John 11:00—TV Tai Chi 11:00 – Mahjong tutorial 11:00—Scatagories 12:00—Lunch 1:00—Karaoke / Mahjong 2:00—Mahjong Continued	7 9:30-- Coffee, Word Puzzles and Discussion 10:15—Mahjong 101, Board Games 11-11:45—Magic Show 12:00— Lunch 1:15—Zumba w. Darrell
10 9:30— Coffee, Word Puzzles and Discussion 10:00 – Art w. Zach 10:00 – Mahjong 101 11:00—Exercise w. Teena 12:00—Lunch 1:00— Book Club	11 9:30—Coffee, Word Puzzles and Discussion 10:00—Art w. Zach 10:15— Exercise w. Barrie 11:15— You be the Judge 11:15— Karaoke w. John 12:00— Lunch 1:00— Karaoke / Mahjong	12 9:30— Coffee, Word Puzzles, and Discussion 10:00— Karaoke w. Zach 10:30 – 11:30—Exercise with Teena 12:00— Lunch 1:00—CANASTA 1:00—Painting w. Julie (Registration Required)	13 9:30— Coffee, Word Puzzles and Discussion 9:45— Exercise with Teena 10:00— Karaoke w. John 11:00— Tai Chi with Pat 11:00 – Mahjong tutorial 11:00— Cornell Nutrition Meeting 12:00— Lunch 1:00— Karaoke w. John / Mahjong	14 HOLI 9:30— Coffee, Word Puzzles and Discussion 10:15— Mahjong 101 Board Games 11-11:45—Exercise w. Marlyn 12:00—Lunch 1:15—Zumba w. Darrell
17 St. Patty’s Day 9:30—Coffee, Word Puzzles and Discussion 10:00—Mahjong 101 11:00—Exercise w. Teena 12:00—Lunch 1:00— Book Club	18 9:30—Coffee, Word Puzzles and Discussion 10:00— Art w. Zach 10:15—Exercise w. Barrie 11:15— Karaoke w. John 12:00—Lunch 1:00—Jewelry 1:00—Karaoke / Mahjong	19 9:30—Coffee, Word Puzzles, and Discussion 10:00—Karaoke w. Zach 10:30 – 11:30—Exercise with Teena 12:00—Lunch 1:00—CANASTA 1:00— Movie – Hometown Remedy	20 9:30—Coffee, Word Puzzles and Discussion 9:45—Exercise with Teena 10:00— Karaoke w. John 11:00—Tai Chi with Pat 11:00 – Mahjong tutorial 11:00—BINGO 12:00—Lunch 1:00—Karaoke / Mahjong	21 9:30—Coffee, Word Puzzles and Discussion 10:15 – Mahjong 101 Arts & Crafts, Yarn, Board Games 11-11:45—Exercise w. Marlyn 12:00—Lunch 1:15—Zumba w. Darrell
24 9:30—Coffee, Word Puzzles and Discussion 10:00—Art with Zach 10:00—Mahjong 101 11:00—Exercise w. Teena 12:00—Lunch 1:00—Book Club	25 9:30—Coffee, Word Puzzles and Discussion 10:00— Art w. Zach 10:15—Exercise w. Barrie 11:15—Karaoke w. Kathy 12:00—Lunch 1:00— Mahjong	26 9:30—Coffee, Word Puzzles, and Discussion 10:00—Karaoke w. Zach 10:30 – 11:30—Exercise with Teena 12:00—Lunch 1:00—CANASTA 1:00—Painting w. Julie (Registrants from first class) 1:00— Dance Party	27 9:30—Coffee, Word Puzzles and Discussion 9:45—Exercise with Teena 10:00— Karaoke w. Kathy 11:00— Tai Chi with Pat 11:00 – Mahjong tutorial 12:00—Lunch 1:00-- Mahjong	28 9:30—Coffee, Word Puzzles and Discussion 10:15 – Mahjong 101 Arts & Crafts, Yarn, Board Games 11-11:45—Exercise w. Marlyn 12:00—Lunch 1:15—Zumba w. Darrell
31 9:30—Coffee, Word Puzzles and Discussion 10:00—Art with Zach 10:00—Mahjong 101 11:00—Exercise w. Teena 12:00—Lunch 1:00—Book Club	Meals suggested contribution: \$3.00 Transportation suggested contribution: \$1.00 Exercise suggested contribution: \$2.00 PLEASE CALL TO RESERVE MEALS ATLEAST 24 HOURS IN ADVANCE			