

March 2025

Point Lookout Senior Community Service Center 15 Parkside Drive, Point Lookout, NY 11569 516-432-5555



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	
10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy	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	10:00 Social Hour 10:00 Nutrition Education Handout 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 it's fun it's fun it's fun	10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 Site Council Meeting 12:00 Lunch/Announcements 1:00 Exercise with Marvin	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	7
10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy	11 10:00 Social Hour 10:00 Cards/Games 10:30 Exercise with Stephanie Durso 12:00 Lunch/Announcements 12:30 Manicures 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese	10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 "Healthy Living for your Brain"-Alaina Nathan 12:00 Lunch/Announcements 1:00 Exercise with Teena it's fun it's fitness it's ZUMAA	13 10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 Molloy University Nursing Students 12:00 Lunch/Announcements 1:00 Exercise with Marvin	10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Reminiscing 12:00 Lunch/Announcements 1:00 Movement for Flexibility	14
10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy	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	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 it's funchis	10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 "Scam Prevention"-with Marissa Brown 12:00 Lunch/Announcements 1:00 Exercise with Marvin	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	21

Wednesday Thursday Monday Tuesday Friday 24 27 28 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba Gold w/Darrvl 10:00 Cards/Games 10:00 Cards/Games 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 10:00 Cards/Games 10:00 Exercise with Robin 10:30 Exercise with Stephanie Durso 10:00 Exercise with Teena 12:00 Lunch/Announcements 11:00 Sing-A-Long with Frank 11:00 "Food Connects Us"-Cornell 11:00 Bingo with Anne Marie 12:00 Lunch/Announcements 1:00 Exercise with Cathy 12:00 Lunch/Announcements Cooperative 12:00 Lunch/Announcements 12:30 Manicures 1:00 Exercise with Teena 12:00 Lunch/Announcements 1:00 Movement for Flexibility 1:00 Zumba Gold with Nilo it's fun 1:00 Exercise with Marvin 1:00 Needlepoint with Terese it's fitness 31 10:00 Social Hour 10:00 Cards/Games 10:30 Flex. Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy



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: March 6th

Birthdays Celebration: March 31st

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