











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 Exercise with Stephanie Durso 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 Nutrition Education Handout 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long</u> 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 Exercise with Robin 11:00 <u>Site Council Meeting</u> 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 <u>Sing-a-long with Laurie</u> 12:00 Lunch/Announcements 1:00 Movement for Flexibility</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 12:30 <u>Manicures</u> 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p> 	<p>12</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>"Healthy Living for your Brain"</u>-Alaina Nathan 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p> 	<p>13</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 <u>Molloy University Nursing Students</u> 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 11:00 <u>Reminiscing</u> 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p>17</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>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>19</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 11:00 <u>Sing-A-Long</u> with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</u></p> 	<p>20</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 <u>"Scam Prevention"</u>-with Marissa Brown 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>21</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 10:30 <u>Health Assessment</u> 11:00 <u>Reminiscing</u> 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>






Monday

Tuesday

Wednesday

Thursday

Friday

<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 <u>Exercise with Cathy</u></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 12:30 Manicures 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 <u>Exercise with Teena</u></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 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p style="text-align: right;">28</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Bingo with Anne Marie 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p style="text-align: right;">31</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> 				



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: March 6th

Birthdays Celebration: March 31st

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