



# March 2025

Roslyn Senior Community Service Center  
 1579 Northern Blvd (Rte.25A), Roslyn NY 11576  
 516-944-9654



# 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	4	5	6	7
<p>9:00 Social Hour Coffee Tea            9:30 Group Puzzle  <b>10:30 Chair Yoga w/Victoria</b>            12:00 Lunch and announcements  <b>12:45 Nick Balance Exercise Class</b>            1:45 Group Dominos</p>	<p>9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>            12:00 Lunch and Announcements            12:45 Decorate Center  <b>1:15 Bingo W/prizes</b></p>	<p><b>Lunch Reservation Due for week of 3/10</b></p> <p>9:00 Social Coffee Hour            9:30 TV Game Shows  <b>10:30 Tai Chi W/Joseph</b>            12:00 Lunch and Announcements  <b>12:30 Group Card Game</b>            1:30 TV Sitcoms Oldies But Goodies</p>	<p>9:00 Social Coffee Hour            9:30 Group Dominos  <b>10:45 Exercise w/Susanne</b>            12:00 Lunch and Announcements  <b>12:30 Debra Soon Charles Evan Center Craft Spring Flower arrangement and Group Discussion on Spring plans for this year</b>            1:30 Group Puzzle</p>	<p>9:00 Social Hour Coffee, Tea            10:00 Site Council Meeting  <b>10:30 Strength/Aerobic w/Victoria</b>            12:00 Lunch and Announcements            12:30 Group Discussion for Woman's History Month Women's contributions throughout history and video  <b>1pm Exercise w/ Elaine</b></p>
<p>10</p> <p>9:00 Social Hour Coffee Tea            9:30 Group Puzzle  <b>10:30 Chair Yoga w/Victoria</b>            12:00 Lunch and announcements  <b>12:45 Nick Balance Exercise Class</b>            1:45 Group Dominos</p>	<p>11</p> <p>9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>            12:00 Lunch and Announcements  <b>12:45 Trivia and Word Games</b></p>	<p>12</p> <p><b>Lunch Reservation Due for week of 3/17</b>  <b>New Line Dancing Class</b></p> <p>9:00 Social Coffee Hour            9:30 TV Game Shows  <b>10:30 Tai Chi W/Joseph</b>            12:00 Lunch and Announcements  <b>12:30 New Line Dancing Class w/Amy</b></p>	<p>13</p> <p>9:00 Social Coffee Hour            9:30 TV Game Shows  <b>10:45 Exercise w/Susanne</b>            12:00 Lunch and Announcements            12:30 Group Card Game  <b>1:30 Wisdom Circle Group Round Table Discussion Map out where members had Traveled and where they would like to travel to</b></p>	<p>14</p> <p>9:00 Social Hour Coffee, Tea            10:00 Site Council Meeting  <b>10:30 Strength/Aerobic w/Victoria</b>            12:00 Lunch and Announcements  <b>12:30 Karaoke</b>  <b>Sing your favorite song</b>  <b>1pm Exercise w/ Elaine</b></p>
<p>17</p> <p>Saint Patrick's Day            9:00 Social Hour Coffee Tea            9:30 Irish Soda Bread  <b>10:30 Chair Yoga w/Victoria</b>            12:00 Lunch and Announcements            12:30 Discover Live Dublin Ireland</p> 	<p>18</p> <p>9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>            12:00 Lunch and Announcements            12:45 Group Puzzle  <b>1:15 Bingo W/prizes</b></p>	<p>19</p> <p><b>Lunch Reservation Due for week of 3/24</b></p> <p>9:00 Social Coffee Hour            9:30 TV Game Shows  <b>10:30 Tai Chi W/Joseph</b>            12:00 Lunch and Announcements  <b>12:30 New Line Dancing Class w/Amy</b>            1:30 Group Card Game</p>	<p>20</p> <p><b>First Day of Spring</b></p> <p>9:00 Social Coffee Hour            9:30 TV Game Shows  <b>10:45 Exercise w/Susanne</b>            12:00 Lunch and Announcements            12:30 Spring Celebration            Tea Party Ice Cream Social</p>	<p>21</p> <p>9:00 Social Hour Coffee, Tea            10:00 Site Council Meeting  <b>10:30 Strength/Aerobic w/Victoria</b>            12:00 Lunch and Announcements            Announcements March Birthdays Celebrations  <b>12:30 Scam Presentation NY Division of Consumer Protection by Matt</b></p>

Monday

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Wednesday

Thursday

Friday

<p style="text-align: right;">24</p> <p>9:00 Social Hour Coffee Tea  9:30 Group Puzzle  <b>10:30 Chair Yoga w/Victoria</b>  12:00 Lunch and announcements  <b>12:45 Nick Balance Exercise Class</b>  1:45 Group Card Games</p>	<p style="text-align: right;">25</p> <p>9:00 Social Hour Coffee, Tea  <b>10:45 Total Body Fitness w/Susanne</b>  12:00 Lunch and Announcements  <b>12:30 Movie and Popcorn Ghostbusters</b></p>	<p style="text-align: right;">26</p> <p><b>Lunch Reservation Due for week of 3/31</b></p> <p>9:00 Social Coffee Hour  9:30 Group Puzzles  <b>10:30 Tai Chi W/Joseph</b>  12:00 Lunch and Announcements  <b>12:30 New Line Dancing Class w/Amy</b>  1:30 Group Puzzle</p>	<p style="text-align: right;">27</p> <p style="text-align: center;"><b>CRAFT</b></p> <p>9:00 Social Hour Coffee, Tea  <b>10:45 Exercise w/Susanne</b>  12:00 Lunch and Announcements  <b>12:30 Christen Nash Spring Craft</b>  1:30 Group Card Game</p>	<p style="text-align: right;">28</p> <p>9:00 Social Hour Coffee, Tea  10:00 Site Council Meeting  <b>10:30 Strength/Aerobic w/Victoria</b>  12:00 Lunch and Announcements  <b>12:30 LIAD Brain Fitness Emma Fogarty Games Trivia Brain Teasers</b></p>
<p style="text-align: right;">31</p> <p>9:00 Social Hour Coffee Tea  9:30 Group Puzzle  <b>10:30 Chair Yoga w/Victoria</b>  12:00 Lunch and announcements  <b>12:45 Nick Balance Exercise Class</b>  1:45 Group Card Games</p>		<p style="text-align: center;">March is National Nutrition Month</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

Site Council Meeting: March 21, 2025

Birthdays Celebration: March 21, 2025

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