

April 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

	<p>1</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>2</p> <p>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</p> 	<p>3</p> <p>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</p>	<p>4</p> <p>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</p> 
<p>7</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy</p> 	<p>8</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>9</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 Exercise with Teena</p> 	<p>10</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 10:30 Spring Craft Project with Christin 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>11</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Health Assessment 10:00 Exercise with Teena 11:00 Reminiscing 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p> <p>WISHING ALL WHO CELEBRATE, A HAPPY PASSOVER!</p>
<p>14</p> <p>10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy</p> 	<p>15</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>16</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 Exercise with Teena</p> 	<p>17</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 Discussions with Dawntress 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>18</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Trivia 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p> <p>WISHING ALL WHO CELEBRATE, A HAPPY EASTER!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</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>22</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>23</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>24</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 "Nutrition Myths vs. Facts"- Cornell Cooperative 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>25</p> <p>10:00 Social Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Bingo for Prizes 12:00 Lunch/Announcements 1:00 Movement for Flexibility</p>
<p>28</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>29</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>30</p> <p>10:00 Social Hour 10:00 Zumba Gold w/Darryl 10:00 Molloy University Mobile Van 10:00 Cards/Games 11:00 Sing-A-Long with Frank 12:00 Lunch/Announcements 1:00 <u>Exercise with Teena</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: April 3rd

Birthdays Celebration: April 29th

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