

April 2025

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



Nassau County Office for the Aging

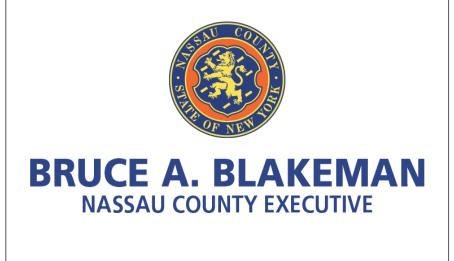
This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

Monday Tuesday Wednesday Thursday Friday

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	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 fitness	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
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 fun it's fitness	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	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 WISHING ALL WHO CELEBRATE, A HAPPY PASSOVER!
10:00 Social Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 12:00 Lunch/Announcements 1:00 Exercise with Cathy	15 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	17 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	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 WISHING ALL WHO CELEBRATE, A HAPPY EASTER!

23 24 25 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 "Nutrition Myths vs. Facts"-11:00 Bingo for Prizes 12:00 Lunch/Announcements 1:00 Exercise with Cathy 12:00 Lunch/Announcements **Cornell Cooperative** 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Exercise with Teena 12:00 Lunch/Announcements 1:00 Movement for Flexibility 1:00 Needlepoint with Terese it's fun 1:00 Exercise with Marvin it's fitness 28 29 30 10:00 Social Hour 10:00 Social Hour 10:00 Social Hour 10:00 Cards/Games 10:00 Zumba Gold w/Darryl 10:00 Cards/Games 10:30 Flex. Stretch & Tone with Nick 10:00 Molloy University Mobile Van 10:30 Exercise with Stephanie Durso 12:00 Lunch/Announcements 10:00 Cards/Games 12:00 Lunch/Announcements 1:00 Exercise with Cathy 11:00 Sing-A-Long with Frank 1:00 Zumba Gold with Nilo 12:00 Lunch/Announcements 1:00 Needlepoint with Terese 1:00 Exercise with Teena it's fun

Wednesday



Tuesday

Monday

Hours of Operation: 8:30am-4:00pm

Thursday

Friday

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.