

**April 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

 <p><b>APRIL</b></p>	<p>1</p> <p>9:00 Social Hour Coffee, Tea 10:45 <b>Circuit Class Fitness w/Susanne</b> 12:00 Lunch and Announcements 12:45 Decorate Center 1:15 <b>Mary Sudell Emerge April Fool's Day Visit Riddles and Stories</b></p>	<p>2</p> <p><b>Lunch Reservation Due for week of 4/7</b></p> <p>9:00 Social Coffee Hour 9:30 TV Game Shows 10:30 <b>Tai Chi W/Joseph</b> 12:00 Lunch and Announcements 12:45 <b>Line Dancing with Amy</b></p>	<p>3</p> <p>9:00 Social Coffee Hour 9:30 TV Game Shows 10:45 <b>Exercise Total Body</b> 12:00 Lunch and Announcements 12:30 Group Card Game 1:00 Bird Watching 1:30 <b>Karaoke Come Sing your favorite song or pair up and sing a duet</b></p>	<p>4</p> <p>9:00 Social Hour Coffee, Tea 10:00 Site Council Meeting 10:30 <b>Arthritis Foundation Exercise w/Victoria</b> 12:00 Lunch and Announcements 12:45 <b>Cornell Coop Nutrition Presentation with Khy "Nutrition Myths vs Facts"</b></p>
<p>7</p> <p><b>World Health Day</b> 9:00 Social Hour Coffee Tea 9:30 Group Puzzle 10:30 <b>Arthritis Foundation Exercise w/Victoria</b> 12:00 Lunch and announcements 12:45 <b>Nick Balance Exercise Class</b></p>	<p>8</p> <p>9:00 Social Hour Coffee, Tea 10:45 <b>Circuit Class Fitness w/Susanne</b> 12:00 Lunch and Announcements 12:45 Decorate Center 1:15 <b>Bingo W/prizes</b></p>	<p>9</p> <p><b>Lunch Reservation Due for week of 4/14</b></p> <p>9:00 Social Coffee Hour 9:30 TV Game Shows 10:30 <b>Tai Chi W/Joseph</b> 12:00 Lunch and Announcements 12:30 <b>Christen Nash Craft for Spring Mod Podge</b></p>	<p>10</p> <p>9:00 Social Coffee Hour 9:30 TV Game Shows 10:45 <b>Exercise w/Susanne</b> 12:00 Lunch and Announcements 12:30 Group Card Game 1:30 <b>Wisdom Circle Group Round Table Discussion</b></p>	<p>11</p> <p><b>Nutrition Education Handout</b> 9:00 Social Hour Coffee, Tea 10:00 Site Council Meeting 10:30 <b>Arthritis Foundation Exercise w/Victoria</b> 12:00 Lunch and Announcements 12:45 <b>Zumba w/Elaine</b></p>
<p>14</p> <p>9:00 Social Hour Coffee Tea 9:30 Group Puzzle 10:30 <b>Arthritis Foundation Exercise w/Victoria</b> 12:00 Lunch and announcements 12:45 <b>Nick Balance Exercise Class</b></p>	<p>15</p> <p>9:00 Social Hour Coffee, Tea 10:45 <b>Circuit Class Fitness w/Susanne</b> 12:00 Lunch and Announcements 12:30 <b>Debra Soon Charles Evans Center Decorate Tote Bags</b></p>	<p>16</p> <p><b>Lunch Reservation Due for week of 4/21</b></p> <p>9:00 Social Coffee Hour 9:30 TV Game Shows 10:30 <b>Tai Chi W/Joseph</b> 12:00 Lunch and Announcements 12:45 <b>Make your own Ice Cream Sundae</b></p>	<p>17</p> <p>9:00 Social Coffee Hour 9:30 TV Game Shows 10:45 <b>Exercise w/Susanne</b> 12:00 Lunch and Announcements 12:30 Group Card Game 1:30 <b>Trivia w/Mary</b></p>	<p>18</p> <p>9:00 Social Hour Coffee, Tea 10:00 Site Council Meeting 10:30 <b>Arthritis Foundation Exercise w/Victoria</b> 12:00 Lunch and Announcements  12:30 <b>April Birthdays Celebrations</b> 12:45 <b>Zumba w/Elaine</b></p>




Monday

Tuesday

Wednesday

Thursday

Friday

21	22	23	24	25
9:00 Social Hour Coffee Tea 9:30 Group Puzzle <b>10:30 Arthritis Foundation Exercise w/Victoria</b> 12:00 Lunch and announcements <b>12:45 Nick Balance Exercise Class</b>	<b>Earth Day</b> 9:00 Social Hour Coffee, Tea <b>10:45 Circuit Class Fitness w/Susanne</b> 12:00 Lunch and Announcements <b>12:30 Dr Sophia Behrmann Audiologist Hearing Screening and Cognitive testing</b> 	<b>Lunch Reservation Due for week of 4/28</b> 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 Line Dancing Class w/Amy</b>	9:00 Social Coffee Hour 9:30 TV Game Shows <b>10:45 Exercise Total Body</b> 12:00 Lunch and Announcements 12:30 Group Card Game <b>1:00 Earth Day cleanup and Planting of bulbs</b>	9:00 Social Hour Coffee, Tea 9:30 Group Puzzle <b>10:30 Arthritis Foundation Exercise w/Victoria</b> 12:00 Lunch and Announcements <b>12:45 Zumba w/Elaine</b>
28	29	30		
9:00 Social Hour Coffee Tea 9:30 Group Puzzle <b>10:30 Arthritis Foundation Exercise w/Victoria</b> 12:00 Lunch and announcements <b>12:45 Nick Balance Exercise Class</b>	9:00 Social Hour Coffee, Tea <b>10:45 Circuit Class Fitness w/Susanne</b> 12:00 Lunch and Announcements 12:45 Christen Nash <b>1:15 Bingo W/prizes</b>	<b>Lunch Reservation Due for week of 5/5</b> 9:00 Social Coffee Hour 9:30 TV Game Shows <b>10:30 Tai Chi W/Joseph</b> 12:00 Lunch and Announcements <b>12:45 Trip to Roslyn Duck Pond</b>		



**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: April 18th

Birthdays Celebration: April 18th

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