

May 2024

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>A Social Worker from EAC's Case Management Office will be on the premises on Thursday, May 9th to answer any questions you may have. (11:00am-12:00pm)</p>	<p>1 10:00 "Socially Distant" Hour 10:00 Nutrition Educ. Handout 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>2 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 Site Council Mtg. 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>3 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <u>Dialogues with Dorothy</u> 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>
<p>6 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 11:30 <u>Potpourri with Dorothy</u> 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>7 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>8 10:00 "Socially Distant" 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>9 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Pat 11:00 "Self Defense for Seniors"- presented by VNS Health 12:00 Lunch/Announcements 1:00 Exercise with Marvin</p>	<p>10 10:00 "Socially Distant" 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 with Stephanie <i>Wishing you a very happy Mother's Day!!</i></p>
<p>13 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 11:30 <u>Potpourri with Dorothy</u> 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u></p>	<p>14 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>15 10:00 "Socially Distant" 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>16 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 <u>Travel to Milan, Italy</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>17 10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Healthy Vision-sponsored by Home Health Long Island 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 Flex, Stretch & Tone with Nick 11:30 Potpourri with Dorothy 12:00 Lunch/Announcements 1:00 <u>Total Body Workout with Lloyd</u> 1:30 <u>Travel to Belfast, Ireland</u></p>	<p>21</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:00 Needlepoint with Terese</p>	<p>22</p> <p>10:00 "Socially Distant" 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>23</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 <u>Emergency & Disaster Procedures- Bonni</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>24</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 Memorial Day Bingo 12:00 Memorial Day Luncheon 1:00 Movement for Flexibility with Stephanie</p>
<p>27</p> <p>WE ARE CLOSED HAVE A SAFE AND 'MEMORABLE' MEMORIAL DAY <i>"The legacy of brave men and women who have fought and died for their country is the freedom we enjoy as Americans." –</i></p>	<p>28</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:30 <u>Total Body Workout with Lloyd</u> 12:00 Lunch/Announcements 1:00 Zumba Gold with Nilo 1:30 <u>Travel to Krakow, Poland</u></p>	<p>29</p> <p>10:00 "Socially Distant" 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>30</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Robin 11:00 <u>"Nutrition for Strong Bones"- Cornell Cooperative</u> 12:00 Lunch/Announcements 1:00 <u>Exercise with Marvin</u></p>	<p>31</p> <p>10:00 "Socially Distant" Hour 10:00 Cards/Games 10:00 Exercise with Teena 11:00 <u>"Reminiscing"</u> with Denise and Michele 12:00 Lunch/Announcements 1:00 Movement for Flexibility with Stephanie</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: May 2nd

Birthdays Celebration: May 30th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.