

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>9:00 Social Hour Coffee Tea 9:30 Group Puzzle 10:00 TV Game shows 11:00-11:45 Cornell "Are you smarter than a Nutritionist?" 12:00 Lunch and Announcements 12:45 Balance Exercise W/Nick 2:00 Bus Leaves the Center</p>	<p>Saint Cecilia Room 9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:45 Circle of Wisdom Different topic every Month 1:30 Group Card Game 2:00 Bus Leaves the Center</p>	<p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 11:30 Inter-Generational Group 12:00 Lunch and Announcements 12:45 New Event Walking Club 1:00 Decorate Center 2:00 Bus Leaves the Center</p>	<p>9:00 Social Coffee Hour 9:30 Group Puzzle 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:40 Trip to Stop and Shop 1:00-2:00 Wisdom Circle  2:00 Bus Leaves the Center</p>	<p>Nutrition Education Handout 9:00 Social Hour Coffee, Tea 9:30 Group Puzzle 10:30 Chair Yoga w/Victoria 12:00 Lunch and Announcements 12:45 Group Dominos 1:15 Bingo 2:00 Bus Leaves the Center</p>
8	9	10	11	12
<p>9:00 Social Hour Coffee Tea 9:30 Group Puzzle 11:00-11:45 Walk on Bar Beach Boardwalk 12:00 Lunch and Announcements 12:45 Balance Exercise W/Nick 2:00 Bus Leaves the Center</p>	<p>9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness w/Susanne 12:00 Lunch and Announcements 1:00 Left Center Right Game 2:00 Bus Leaves the Center</p>	<p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 11:30 Inter-Generational Group 12:00 Lunch and Announcements 12:45 Walking Club 1:00 Coloring and Word games 2:00 Bus Leaves the Center</p>	<p>9:00 Social Coffee Hour 9:30 Group Card Game 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:40 Trip to Stop and Shop 1:00-2:00 Craft </p>	<p>9:00 Social Hour Coffee, Tea 9:30 Group Puzzle 9:45 Leave for Emerge Rehab 10:30 The Healthy Beat 12:00 Lunch and Announcements 12:45 Group Dominos 1:15 Bingo 2:00 Bus Leaves the Center</p>
15	16	17	18	19
<p>9:00 Social Hour Coffee 9:30 Tea Party 11:00-11:45 Chorus Singing with Frank 12:00 Lunch and Announcements 12:45 Balance Exercise W/Nick 2:00 Bus Leaves the Center</p>	<p>9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:45 Jeopardy Sponsored by Ricky from Emerge 2:00 Bus Leaves the Center</p>	<p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 11:30 Inter-Generational Group 12:00 Lunch and Announcements 12:45 Walking Club 1:15 Ice Cream Social 2:00 Bus Leaves the Center</p>	<p>9:00 Social Coffee Hour 9:30 TV Old Sitcoms 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:40 Trip to Stop and Shop 1:00-2:00 TV Trivia w/Mary  2:00 Bus Leaves the Center</p>	<p>9:00 Social Hour Coffee, Tea 9:30 Group Puzzle 10:00 Site Council Officers and Chair Members Meeting 10:30 Chair Yoga w/Victoria 12:00 Lunch and Announcements 12:30 April Birthdays 1:00 Bingo  2:00 Bus Leaves the Center</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">22</p> <p style="text-align: center;">EARTH Day</p> <p>9:00 Social Hour Coffee Tea 9:30 Group Dominos 11:00-11:45 Chorus Singing with Frank 12:00 Lunch and Announcements 12:45 Balance Exercise W/Nick</p> 	<p style="text-align: right;">23</p> <p>9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:45 Craft with Debra Charles Evans Center Earth Day theme 2:00 Bus Leaves the Center</p>	<p style="text-align: right;">24</p> <p>9:00 Social Coffee Hour 10:30 Tai Chi W/Joseph 11:30 Inter-Generational Group 12:00 Lunch and Announcements 12:45 Walking Club 1:00 Trip to Library 2:00 Bus Leaves the Center</p>	<p style="text-align: right;">25</p> <p>9:00 Social Coffee Hour 9:30 Group Puzzle 10:45 Exercise w/Susanne 12:00 Lunch and Announcements 12:40 Trip to Stop and Shop</p>  <p>2:00 Bus Leaves the Center</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Trip</p> <p>9:00 Social Hour Coffee, Tea 9:30 Group Puzzle 10:00 Site Council Meeting 10:30 Chair Yoga w/Victoria 12:00 Lunch and Announcements 12:30 Trip to Clark Gardens 2:00 Bus Leaves the Center</p>
<p style="text-align: right;">29</p> <p>9:00 Social Hour Coffee Tea 9:30 Group Card Game 11:00-11:45 Chorus Singing with Frank 12:00 Lunch and Announcements 12:45 Balance Exercise W/Nick 2:00 Bus Leaves the Center</p>	<p style="text-align: right;">30</p> <p>9:00 Social Hour Coffee, Tea 10:45 Exercise Total Body Fitness w/Susanne 12:00 Lunch and Announcements 12:45 Carnival Games 2:00 Bus Leaves the Center</p>			



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 9AM-4 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 Each Way

Exercise suggested contribution: \$2.00

Site Council Meeting: April 26th

Birthdays Celebration: April 19th

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