

# March Activities

# Nassau County Office for the Aging

Port Washington SCSC 9 Carlton Ave. Port Washington, NY 11050 516-944-9654

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>2</p> <p>9:30 Current Events, Games 10:45 Move to Music w/ Suzanne 12:00 Lunch &amp; Announcements 12:45 Manicure Monday</p> 	<p>3</p> <p>9:30 Social Hour, Current Events 10:45 Sign Language 12:00 Lunch &amp; Announcements 12:15 Cornell Power Up with Breakfast 1:00 TBA</p> 	<p>4</p> <p>9:30 Social Hour, Cards, Games 10:00 Group Puzzle 10:45 Aerobics with Victoria 12:00 Lunch &amp; Announcements 12:30 Movie W/Popcorn</p>	<p>5</p> <p>9:30 Social Hour Cards, Wii, Games Group Puzzle 11:00 Music Therapy with Lois 12:00 Lunch &amp; Announcements 12:30 Current Events 1:00 Tai Chi &amp; Core workout with Maria</p>	<p>6</p> <p><b>Breakfast</b> 9:30 Breakfast and Social Hour 10:30 Shopping Nutrition Educ Handout 11:00 Bingo 12:00 Lunch &amp; Announcements 1:00 TBA</p>
<p>9</p> <p><b>Guest Speaker</b> 9:30 Current Events, Games 10:00 Site Council Meeting 10:45 Move to Music w/ Suzanne 12:00 Lunch &amp; Announcements 12:45 Presentation on Scams Family &amp; Children's Association</p>	<p>10</p> <p>9:30 Social Hour, Current Events 10:45 Sign Language 12:00 Lunch &amp; Announcements 12:15 Bingo 1:00 TBA</p> 	<p>11</p> <p>9:30 Social Hour, Cards, Games 9:30 Health Assessments with Pat Depeatris RN 10:45 Aerobics with Victoria 12:00 Lunch &amp; Announcements 1:00 Bingo</p>	<p>12</p> <p>9:30 Social Hour Cards, Wii, Games 11:00 Craft w/Joanne 12:00 Lunch &amp; Announcements 12:30 Group Puzzle 1:00 Tai Chi &amp; Core workout with Maria</p>	<p>13</p> <p>9:30 Social Hour/Cards 10:30 Shopping trip to Target 11:00 Game Shows 12:00 Lunch &amp; Announcements 1:00 TBA</p>
<p>16</p> <p>9:30 Current Events, Games 10:45 Move to Music w/ Suzanne 12:00 Lunch &amp; Announcements 12:30 Group Puzzle 1:00 Bingo</p>	<p>17</p> <p><b>Saint Patrick's Day Party</b> 9:30 Social Hour, Current Events 10:45 Sign Language 12:00 Lunch &amp; Announcements 12:30 Saint Patrick's Day Party make Your Own Ice Cream Sundae 1:00 TBA</p> 	<p>18</p> <p><b>Celebrate March Birthdays</b> 9:30 Social Hour, Cards, Games 10:00 Group Puzzle 10:45 Aerobics with Victoria 12:00 Lunch &amp; Announcements 1:00 Bingo/Cake</p>	<p>19</p> <p>9:30 Social Hour 10:00 Round Table Current events 11:00 Total Body Wo Sheila 12:00 Lunch &amp; Announcements 12:30 Group Puzzle 1:00 Tai Chi &amp; Core workout with Maria</p>	<p>20</p> <p><b>Breakfast</b> 9:30 Breakfast and Social Hour 10:30 Shopping Walgreens 11:00 Bingo 12:00 Lunch &amp; Announcements 1:00 TBA</p>
<p>23</p> <p>9:30 Current Events, Games 10:45 Move to Music w/ Suzanne 12:00 Lunch &amp; Announcements 12:45 Trip to Sun Harbor Rehabilitation Friendly Visit</p>	<p>24</p> <p>9:30 Social Hour, Current Events 10:00 Group Discussion 10:45 Sign Language 12:00 Lunch &amp; Announcements 1:00 TBA</p> 	<p>25</p> <p>9:30 Social Hour, Cards, Games 10:00 Group Puzzle 10:45 Aerobics with Victoria 12:00 Lunch &amp; Announcements 1:00 Board Games for prizes</p>	<p>26</p> <p><b>Guest Speaker</b> 9:30 Social Hour Cards, Wii, Games 10:45 Medication Interaction Cornell 12:00 Lunch &amp; Announcements 12:30 Group Puzzle 1:00 Tai Chi &amp; Core workout with Maria</p>	<p>27</p> <p>9:30 Social Hour 10:00 Group Round Table 10:30 Shopping 11:00 Bingo 12:00 Lunch &amp; Announcements 1:00 TBA</p>
<p>30</p> <p>9:30 Current Events, Games 10:45 Move to Music w/ Suzanne 12:00 Lunch &amp; Announcements 12:30 Round Table Current Events 1:00 Crafts w/Joanne</p>	<p>31</p> <p>9:30 Social Hour, Current Events 10:45 Sign Language 12:00 Lunch &amp; Announcements 12:15 Card Game 1:00 TBA</p> 	<p><b>march national nutrition month</b></p> 		