

# January 2020 Activities

# Nassau County Office for the Aging

**Location** Freeport SCSC 66 Church St., Freeport, NY 11520 516-623-2008 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
		<b>CENTER CLOSED</b>  <b>NEW YEAR'S DAY OBSERVED</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:00 Movement w/Music w/Naomi</b> <b>11:30 Piano Time w/ Bob</b>	<b>Dominos, Cards, Crochet, Creative Coloring, Socialize</b> <b>9:30 Yoga w/ Sandye</b> <b>11:00 Bingo for prizes</b> <b>1:00 Stretch &amp; Flex w/ Samantha</b>
<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>11:00 Exercise w/ Anne</b> <b>1:00 Beginner Tennis w/ Daniel Burgess</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:30 CRAFT W/ FRAN &amp; DEBRA</b> <b>11:30 Piano Time w/ Bob</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:30 GAME TIME W/ WADE</b> <b>11:30 Building Strength w/ Samantha</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:00 Movement w/Music w/Naomi</b> <b>11:30 Piano Time w/ Bob</b> <b>1:15 Senior Volley Ball</b>	<b>Dominos, Cards, Crochet, Socialize, Creative Coloring</b> <b>9:30 Yoga w/ Sandye</b> <b>11:00 Bingo for prizes</b> <b>1:00 Stretch &amp; Flex w/ Samantha</b>
<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:00 HEAP PRESENTATION W/ EDWINA &amp; MARTHA</b> <b>11:00 Exercise w/ Anne</b> <b>1:00 Beginner Tennis w/ Daniel Burgess</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>11:45-2:15 WELCOME IN 2020 ENTERTAINMENT BY TONY GRANT</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:30 GAME TIME W/ WADE</b> <b>11:30 Building Strength w/ Samantha</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:00 Movement w/Music w/Naomi</b> <b>11:30 Piano Time w/ Bob</b> <b>1:15 Senior Volley Ball</b>	<b>Dominos, Cards, Crochet, Socialize, Creative Coloring</b> <b>9:30 Yoga w/ Sandye</b> <b>11:00 Bingo for prizes</b> <b>1:00 Stretch &amp; Flex w/ Samantha</b>
<b>CENTER CLOSED</b> <b>MARTIN LUTHER KING JR DAY OBSERVED</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:30 CRAFT W/ FRAN &amp; DEBRA</b> <b>11:30 Piano Time w/ Bob</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:30 GAME TIME W/ WADE</b> <b>11:30 Building Strength w/ Samantha</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:00 Movement w/Music w/Naomi</b> <b>11:30 Piano Time w/ Bob</b> <b>12:00 LUNCH IS SERVED</b> <b>12:30 MANICURES</b>	<b>Dominos, Cards, Crochet, Socialize, Creative Coloring</b> <b>9:30 Yoga w/ Sandye</b> <b>11:00 Bingo for prizes</b> <b>1:00 Stretch &amp; Flex w/ Samantha</b>
<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>11:00 Exercise w/ Anne</b>  <b>1:00 Beginner Tennis w/ Daniel Burgess</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>11:45-2:15 JOIN US AS WE CELEBRATE CHINESE NEW YEAR WITH DJ BOB</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:30 GAME TIME W/ WADE</b> <b>11:30 Building Strength w/ Samantha</b>	<b>Dominos, Cards, Crochet, Creative Cards, Socialize</b> <b>10:00 Movement w/Music w/Naomi</b> <b>11:30 Piano Time w/ Bob</b> <b>1:15 Senior Volley Ball</b>	<b>Dominos, Cards, Crochet, Socialize, Creative Coloring</b> <b>9:30 Yoga w/ Sandye</b> <b>11:00 Bingo for prizes</b> <b>1:00 Stretch &amp; Flex w/ Samantha</b>