

January Activities

Location: HEMPSTEAD SENIOR COMMUNITY SERVICE CENTER

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
		CLOSED 	<u>HORSE RACING GAME</u> 10:00 Social Hour Cards & Games 11:00 Arthritis Exercise w/Victoria Smith 12:00 Lunch & Announcements 12:30 Horse Racing Game	<u>BREAKFAST/MOVIE</u> 9:00 Breakfast 10:00 Social Hour Cards & Games 10:45 Wise Workout w/ Cynthia Johnson 1:00 Lunch & Announcements 12:00 LADY SINGS THE BLUES - MOVIE
10:00 Social Hour Cards & Games 10:00 Nutrition Ed Handout 11:00 Tai Chi w/ John Briscoe 12:00 Lunch & Announcements 12:30 Site Council Meeting 1:00 Line Dancing w/ Victoria Smith	<u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 EXERCISE w/N Naomi Robles 12:00 Lunch & Announcements 12:30 Buses Leave for SAVERS	<u>DANCE PARTY</u> 10:00 Social Hour Cards & Games 11:00 NEW LINE DANCING w/Lori Shapiro 12:00 Lunch & Announcements 12:30 LET'S DANCE TO SOME GREAT MUSIC	<u>OLGA'S SPANISH CLASS</u> 10:00 Social Hour Cards & Games 11:00 Arthritis Exercise w/Victoria Smith 12:00 Lunch & Announcements 1:00 Olga's Spanish Class	10:00 Social Hour Cards & Games 10:45 Wise Workout w/ Cynthia Johnson 12:00 Lunch & Announcements 1:00 CULTURAL DISCUSSION FOR CHINESE NEW YEAR/INFORMATIVE PRINT OUTS
10:00 Social Hour Cards & Games 10:00 Health Assessment w/ MaryEllen 11:00 Tai Chi w/ John Briscoe 12:00 Lunch & Announcements 12:45 BINGO	<u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 EXERCISE w/N Naomi Robles 12:00 Lunch & Announcements 12:30 Buses Leave for WALMART	<u>JEWELRY CLASS</u> 10:00 Social Hour Cards & Games 11:00 NEW LINE DANCING w/Lori Shapiro 12:00 Lunch & Announcements 12:30 JEWELRY CLASS	<u>BOWLING</u> 10:00 Social Hour Cards & Games 11:00 Arthritis Exercise w/Victoria Smith 12:00 Lunch & Announcements 12:30 San Dee Lanes of Malverne (\$3.00 per person) Game & Shoes	<u>GUEST SPEAKER</u> 10:00 Social Hour Cards & Games 10:45 Wise Workout w/ Cynthia Johnson 12:00 Lunch & Announcements 1:00 Stacy Hargreaves – Village of Hempstead
CLOSED In Observance of Martin Luther King Day 	<u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 EXERCISE w/N Naomi Robles 12:00 Lunch & Announcements 12:30 Buses Leave for TRADER JOE'S	<u>GUEST SPEAKER</u> 10:00 Social Hour Cards & Games 11:00 NEW LINE DANCING w/Lori Shapiro 12:00 Lunch & Announcements 1:00 OPHTHALMOLOGY LECTURE Dr. Anwar / Northwell Health	<u>OLGA'S SPANISH CLASS</u> 10:00 Social Hour Cards & Games 11:00 Arthritis Exercise w/Victoria Smith 12:00 Lunch & Announcements 1:00 Olga's Spanish Class	<u>BREAKFAST/MOVIE</u> 9:00 Breakfast 10:00 Social Hour Cards & Games 10:45 Wise Workout w/ Cynthia Johnson 1:00 Lunch & Announcements 12:00 ON GOLDEN POND - MOVIE
10:00 Social Hour Cards & Games 11:00 Tai Chi w/ John Briscoe 12:00 Lunch & Announcements 1:00 Line Dancing w/ Victoria Smith	<u>SHOPPING TRIP</u> 10:00 Social Hour Cards & Games 11:00 EXERCISE w/N Naomi Robles 12:00 Lunch & Announcements 12:30 Buses Leave for BIG LOTS	<u>JEWELRY CLASS</u> 10:00 Social Hour Cards & Games 11:00 NEW LINE DANCING w/Lori Shapiro 12:00 Lunch & Announcements 12:30 JEWELRY CLASS	10:00 Social Hour Cards & Games 11:00 Arthritis Exercise w/Victoria Smith 12:00 Lunch & Announcements 12:45 BINGO	<u>MAKE YOUR OWN SUNDAE</u> 10:00 Social Hour Cards & Games 10:45 Wise Workout w/ Cynthia Johnson 12:00 Lunch & Announcements 1:00 Make Your Own Sundae