

January 2020 Activities 516 305-8976

Herricks SCSC, 999 Herricks Rd., New Hyde Park, NY 11040

Carol MacBride, Director

www.herricks.org/snp

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>Programs and menu are subject to change without notice.</p> <p>The actual cost of the meal is \$4.70 for guests under 60. The suggested donation is \$3.00. <u>We depend on your donation to help sustain our program.</u> The menu is subject to change without notice.</p>	<p>We are non denominational, open to Nassau County seniors 60 +.</p> <p>ATTENTION ACTIVITY PARTICIPANTS: If you haven't done so already, please join us for lunch in the cafeteria. Review the menu and come & eat with some friends. To reserve a lunch please call, at the latest, the previous operating day by 12:00 noon, and arrive by 11:30 a.m. <u>Sign in for lunch before class.</u> Suggested donation: \$3.00</p>	<p>1</p> <p>HAPPY NEW YEAR!!!</p> <p>Program Closed</p>	<p>2</p> <p>Program Closed</p>	<p>3</p> <p>10:00 Cards, Bridge, Games</p> <p>10:00 <u>NO</u> Gentle Yoga with Dhara</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch 1:00 Tai Chi-Rm. , Cards</p> <p>1:00-2:30 Pickleball - Gym</p>
<p>6</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards</p> <p>11:00 Walk Well</p> <p>11:45 Lunch</p> <p>1:00 Stretch & Flex – Gym</p> <p>1:00 Bridge, Cards, Games</p>	<p>7</p> <p>9:45 Exercise</p> <p>10:00 Blood Pressure, Cards, Games</p> <p>11:00 Walk Well 11:45 Lunch</p> <p>12:30-2:30 Ceramic/Paint/Color-Shop II</p> <p>1:00 Yoga Rm. 113, Bingo, Cards</p> <p>1:00 NEW Arthritis Exercise w/Barry- Cafeteria</p>	<p>8</p> <p>Program Closed</p>	<p>9</p> <p>Program Closed</p>	<p>10</p> <p>10:00 Cards, Bridge, Games</p> <p>10:00 <u>NO</u> Gentle Yoga with Dhara</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch 1:00 Tai Chi-Rm. , Cards</p> <p>1:00-2:30 Pickleball - Gym</p>
<p>13</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards</p> <p>11:00 Walk Well</p> <p>11:45 Lunch</p> <p>12:30 Jewelry Making \$5</p> <p>1:00 Stretch & Flex -Gym</p> <p>1:00 Bridge, Cards, Games</p>	<p>14</p> <p>9:45 Exercise 10:00 Cards, Games</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch 12:15 Gift Card Bingo</p> <p>12:30-2:30 Ceramic/Paint/Color-Shop II</p> <p>1:00 Yoga Rm. 113, Bingo, Cards</p> <p>1:00 NEW Arthritis Exercise w/Barry- Cafeteria</p>	<p>15</p> <p>Program Closed</p>	<p>16</p> <p>Program Closed</p>	<p>17</p> <p>10:00 Cards, Bridge, Games</p> <p>10:00 Gentle Yoga with Dhara - Gym</p> <p>11:00 Walk Well</p> <p>11:45 Lunch 1:00 Tai Chi Rm. 113, Cards</p> <p>1:00-2:30 Pickleball - Gym</p>
<p>20</p> <p>Martin Luther King Day</p> <p>CLOSED</p>	<p>21</p> <p>9:45 Exercise</p> <p>10:00 Cards, Games</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch</p> <p>12:30-2:30 Ceramic/Paint/Color-Shop II</p> <p>1:00 Yoga Rm. 113, Bingo, Cards</p> <p>1:00 NEW Arthritis Exercise w/Barry- Cafeteria</p>	<p>22</p> <p>Program Closed</p>	<p>23</p> <p>HAPPY LUNAR NEW YEAR !!</p> <p>Program Closed</p>	<p>24</p> <p>10:00 Cards, Bridge, Games</p> <p>10:00 Gentle Yoga with Dhara - Gym</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch 1:00 Tai Chi Rm. 113, Cards</p> <p>1:00-2:30 Pickleball - Gym</p>
<p>27</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards</p> <p>11:00 Walk Well</p> <p>11:45 Lunch</p> <p>12:30 Jewelry Making \$5</p> <p>1:00 Stretch & Flex – Gym</p> <p>1:00 Bridge, Cards, Games</p>	<p>28</p> <p>9:45 Exercise</p> <p>10:00 Cards, Games</p> <p>11:00 Walk Well 11:45 Lunch</p> <p>12:30-2:30 Ceramic/Paint/Color-Shop II</p> <p>1:00 Yoga Rm. 113, Bingo, Cards</p> <p>1:00 NEW Arthritis Exercise w/Barry- Cafeteria</p>	<p>29</p> <p>Program Closed</p>	<p>30</p> <p>Program Closed</p>	<p>31</p> <p>10:00 Cards, Bridge, Games</p> <p>10:00 Gentle Yoga with Dhara - Gym</p> <p>11:00 Walk for Wellness</p> <p>11:45 Lunch 1:00 Tai Chi Rm. 113, Cards</p> <p>1:00-2:30 Pickleball - Gym</p>