




















January Activities

Location-LONG BEACH 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
	Lunch reservations are required and MUST be made a day in advance by 10:00 AM. Voluntary contributions are accepted. No person will be denied a service due to inability or unwillingness to contribute. Please call 516-432-5555	We are closed today! Wishing you a happy, healthy, safe New Year!!! 	9:30 Social Hour 10:00 Nutrition Educ. Distribution 10:00 Discussion Group 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping 	9:30 Social Hour 10:00 Dialogues with Dorothy Fried 11:00 Exercise with Sandye 12:00 Lunch 
9:30 Social Hour 10:00 Robert Frost Poetry with Sandra Sustain 11:00 Stretch & Strength for Life-Kathleen 12:00 Lunch 1:00 Sketching/Adult Coloring with Kathleen Regan	9:30 Social Hour 10:00 The Metropolitan Museum-Greek & Roman Art-DVD & discussion-Barrie Grant 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class with Terese Turino 	9:30 Social Hour 10:00 Discussion Group 11:00 Chair Yoga with Anne Tedesco 12:00 Lunch 1:00 Site Council Meeting 	9:30 Social Hour 10:00 Celebrating '100' years of awesome!! 10:30 Entertainment by Naomi Zeitlin 12:00 Lunch 1:00 Shopping	9:30 Social Hour 10:00 Reminiscing with Michele 11:00 Exercise with Sandye 12:00 Lunch 
9:30 Social Hour 10:00 The History Of Long Island with Lynn Nathanson 11:00 Stretch & Strength for Life-Kathleen 12:00 Lunch 1:00 Sketching/Adult Coloring with Kathleen Regan	9:30 Social Hour 10:00 Island Harvest Presentation 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class with Terese Turino 	9:30 Social Hour 10:00 Discussion Group 11:00 Chair Yoga with Anne Tedesco 12:00 Lunch 	9:30 Social Hour 10:00 Discussion Group 10:00 Health Screening with Pat 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping 	9:30 Social Hour 10:00 Creative Wrtg-Jeri 11:00 Exercise with Sandye 12:00 Lunch 
9:30 Social Hour 10:00 Bingo Bonanza for Prizes with Evelyn 11:00 Stretch & Strength for Life-Kathleen 12:00 Lunch 1:00 Sketching/Adult Coloring with Kathleen 	9:30 Social Hour 10:00 The Metropolitan Museum-Egyptian Art- DVD & Discussion-Barrie Grant 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class with Terese Turino 	9:30 Social Hour 10:00 Discussion Group 11:00 Chair Yoga with Anne Tedesco 12:00 Lunch 	9:30 Social Hour 10:00 Discussion Group 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping 	9:30 Social Hour 10:00 Creative Wrtg-Ellen 11:00 Exercise with Sandye 12:00 Lunch 
9:30 Social Hour 10:00 Current Events with Susan Esposito 11:00 Stretch & Strength for Life-Kathleen 12:00 Lunch 1:00 Sketching/Adult Coloring with Kathleen 	9:30 Social Hour 10:00 Bingo for Prizes with LB Nursing and Rehabilitation Center 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class with Terese Turino 	9:30 Social Hour 10:00 Discussion Group 11:00 Chair Yoga with Anne Tedesco 12:00 Lunch 	9:30 Social Hour 10:00 Discussion Group 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping 	9:30 Social Hour 10:00 Creative Wrtg-Jeri 11:00 Exercise with Sandye 12:00 Lunch 