



March 2020

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Aerobics with Terri 10:00 Let's Play Cards in the main hall 10:05 Yoga with Michelle 11:00 American Sign Language 11:05 Stretch & Balance with Judi 1:00 Mah Jongg	9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey 1:30 Line Dancing with Kathy	9:00 Aerobics with Terri 10:00 Tap with Terri 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga with Mary Lou 12:45 Tai Chi Work Out w/Spencer G.	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi 10:00 *Dance-A-Chair w/Carol (*Funded by NCOFA) 10:15 Strength Training with Judi 11:15 Chair Yoga w/Mary Lou 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics with Terri 10:00 Ballet with Terri 11:00 Yoga with Michelle 1:00 Mah Jongg 1:15 Ballroom Dancing with Vladimir on 3-6-20 & 3-27-20
2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
10:30 Activity Hour with Olivia 11:00 Friendly Visit Meeting 12:45 Creative Writing with Katherine 1:30 Friendly Visit to Excel at Woodbury	10:00 Water Colour Studio in conference room 1:00 Super Bingo 1:00 Self Reflection Meditation with Andrew	10:30 Women of the Ages 11:00 Go Ask Alice Computer Help (schedule your 30 minutes session in the program office) 12:45 Bus takes members to Stop & Shop 12:45 Water Colour Painting Class	1:00 Meditation with Andrew 1:00 Craft Group with Sue & Margie 2:00 Activities Meeting	10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano music by Joan w/sing along 1:00 Table Bingo 1:00 Ballroom Dancing with Vladimir
9	10	11	12	13
10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 5:00 Caregiver's Discussion Group w/Ruth	10:00 Water Colour Studio in conference room 11:15 Financial Literacy for Seniors with Nassau Financial Federal Credit Union 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	10:30 Women of the Ages 11:15 Brunch is served -No Lunch Today 12:45 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group 1:00 Help set	10:00 S.A.C. Meeting 11:00 Grumpy Old Men's Group 11:30 St. Patrick's Celebration with Lunch Who's wearing the most green contest plus Special Entertainment & Dancing 1:00 Meditation with Andrew	10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano music by Joan w/sing along 1:00 Table Bingo
16	17	18	19	20
10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 1:00 Spruce Up the Center for Spring	10:00 Water Colour Studio in conference room 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew 6:30 Open Mic Night with Barbara & Ken until 9pm - Irish Sing Along and Irish Soda Bread with refreshments for St. Patrick's Day	10:30 Women of the Ages 12:00 Vegetarian Lunch Day 12:45 Bus takes members to Stop & Shop	11:15 Colon Cancer Awareness with Dr. Leena Sayedy 1:00 Meditation with Andrew 1:00 Craft Group with Sue & Margie	10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano Music by Joan w/sing along 1:00 Table Bingo
23	24	25	26	27
10:00 Hospitality Meeting 10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 1:30 Friendly Visit to Emerge 5:00 Caregiver's Discussion Group w/Ruth	10:00 Water Colour Studio in conference room 11:15 Touching Hearts at Home with Karen 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	10:00 Bus leaves for trip to Cradle of Aviation 11:45 Virtual Trip to Israel with Fun Facts & Information followed by Traditional Israeli Lunch 12:45 Bus takes members to Stop & Shop 12:45 Beginner Water Colour Painting Class	11:00 Grumpy Old Men's Group 11:15 Power Up with Breakfast with Nicole from Cornell Cooperative Extension (*Funded by NCOFA) 1:00 Meditation with Andrew	10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Table Bingo 1:00 Ballroom Dancing with Vladimir
30	31			
10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 12:45 Baking Demo with Mary - Hot Cross Buns	10:00 Water Colour Studio in conference room 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	Committee Meeting Schedule 03-02 Friendly Visiting Meeting at 11:00am 03-05 Activities Meeting at 2:00pm 03-12 SAC Meeting at 10am 03-23 Hospitality Meeting at 10:00am		Caregiver's Support Group with Ruth from 5:00pm-6:30pm on Monday 03-09-20 & 03-23-20 <hr/> Daytime Caregivers Support Group with Dawn from 1:00pm-2:00pm on Wednesday 03-11-20
Attention All Book Worms Adele will be back on Wednesday 4-01-20 for the Book Club to discuss "The Great Alone" by Kristen Hannah at 12:45pm				