



FEBRUARY 2021: All in-person programs subject to change*

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
10:00 Yoga with Michelle on Zoom (email luca100707@gmail.com) 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:45 Strength Training w/Judi 10:00 Strength Training w/Judi 11:00 Grumpy Old Men's Group 12:45 Meditation with Elisabeth 1:00 Creative Movement w/Kathy 7:15 Open Mic Night with Barbara & Ken on Zoom (email ken_krumenacker@excite.com)	8:45 Strength Training w/Judi 10:00 Stretch & Balance w/Judi 10:30 Women of the Ages w/ Beth 12:00 Yoga with Michele on Zoom 1:00 Crochet & Knit with The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:00 Yoga with Michelle on Zoom 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda
Monday	Tuesday	Wednesday	Thursday	Friday

***Nassau County Office for The Aging temporarily closed senior centers. All In-Person activities including lunch, fitness classes, and support groups are suspended until further notice. We will contact members when we are able to resume activities indoors. Call the Center if you are interested in signing up for virtual programming, or email chrisj@lecob.org. Grab & Go lunches will be available Monday through Friday (see menu on the other side).**

1	2	3	4	5
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:45 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio w/Alice on Zoom 11:00 Grumpy Old Men's Group 12:45 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 1:00 Crochet & Knit w/The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 1:00 Bingo Game w/Jennette & Linda
8	9	10	11	12
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:45 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio with Alice on Zoom 11:00 Grumpy Old Men's Group 12:45 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 11:30 Valentine's Day Lunch 1:00 Crochet & Knit w/The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 11:30 Chinese New Year Lunch 1:00 Bingo Game w/Jennette & Linda
15	16	17	18	19
Center Closed Holiday	8:45 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio with Alice on Zoom 11:30 Mardi Gras Lunch 12:45 Meditation with Elisabeth 11:00 Grumpy Old Men's Group 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 Stretch & Balance with Judi	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 1:00 Bingo Game w/Jennette & Linda
22	23	24	25	26
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