




<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
9:00 Low Impact Cardio w/ Terri 10:00 Beginner Tap Class w/Terri 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/ Katherine 1:00 Stretch & Balance w/Gina	9:00 Strength Training w/John 10:00 Blood Pressure Screening w/Barbara 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 1:00 Meditation w/Patricia 1:00 Line Dancing w/Kathy	9:00 Low Impact Cardio w/ Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia	9:00 Nursing Students from Adelphi until 12pm 9:00 Strength Training w/John 10:15 Strength Training w/John	9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo & Carmela & SW Intern Melanie 10:30 Tai Chi w/Spencer Gee 12:45 Bingo 1:00 Bridge Game
<u>Calling All Cookie Bakers</u> We need members to bake homemade holiday favorites for our Sugar & Spice Holiday Cookie Sale on 12-15-22 or 12-16-22 (Please sign up with Mary or Nancy in the Program Office)	<u>Hanukkah Celebration</u> on Monday 12-19-22 starting at 11:30am Traditions of Hanukkah with Beth (Plus lunch & amazing jelly donuts too)	<u>New Year's Bingo Party</u> on Friday 12-30-22 starting at 11:30am Lunch at 12 noon, Mock count down to midnight & special bingo	1 11:15 Facts & Fun w/Adelphi Student Nurses 1:00 Safe Space Group 2:00 Caregiver's Group with Ruth	2 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
5 10:30 Holiday Baskets for Homebound Members w/Mary & Beth 11:00 Beginner Spanish w/Alvero 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/Courtney	6 10:00 Water Colours Class—Gnome Cards 11:00 Fall & Winter Skin Care Tips w/Mary from Emerge at Glen Cove 12:45 Bingo 6:30 Zoom Open Mic Night w/Barbara & Ken	7 9:30 Trip - Holiday Shopping to Tanger Outlets in Deer Park w/Patricia 11:45 Remembering Pearl Harbor 1:00 The Morning Show—TV Series with Beth	8 10:30 S.A.C. Meeting 11:30 When Did the Ugly Sweater Become A Holiday Tradition? (Don't Forget to Wear Yours) 2:00 Holiday Party LECOB Foodie Group R.S.V.P. w/Beth	9 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
12 11:00 Beginner Spanish w/Alvero 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/Courtney	13 10:00 Water Colours Class—Gift Tags 11:00 Radio City Music Hall - Behind the Scenes w/Monica Randall 12:45 Bingo 6:30 Open Mic Night w/Barbara & Ken	14 11:30 Terri's Tappers Holiday Performance 12:45 Trip - Shopping to the Dollar Store 1:00 The Morning Show—TV Series with Beth	15 <u>Holiday Cookie Sale 10:30am-3:30pm</u> 2:00 Caregiver's Group with Ruth 5:30 Social Singles Holiday Mingle - Please register w/Nancy	16 <u>Holiday Cookie Sale 10:30am-3:30pm</u> 10:30 Tai Chi w/Spencer Gee 11:15 Holiday Pajama Party 12:00 Piano Music by Joan 12:45 Bingo
19 10:30 Beginner Spanish w/Alvero 11:30 Hanukkah Celebration 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/Courtney	20 10:00 Water Colours Class—Wintery Night 10:30 Bingo 11:45 Brunch 1:00 Help set up main hall for Christmas Celebration	21 <u>Christmas Celebration Luncheon</u> starts at 11:30am Entertainment by Theresa Morale (Please make your ticket reservations on or before 12-16-22)	22 11:00 Vernon School Holiday Performance with Chorus Director Louis Costidis	23 Center Closed Holiday
26 Center Closed Holiday	27 11:15 Snowflake Appreciation Day 12:45 Bingo	28 11:30 Birthday Day  12:45 Trip - Shopping to Stop & Shop 1:00 The Morning Show—TV Series	29 11:15 Nutritionist Khy Ee from Cornell Cooperative	30 10:30 Tai Chi w/Spencer Gee 11:30 New Year's Eve Bingo Party (Ticket reservations necessary for special bingo prizes) 12:00 Piano Music by Joan

December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All reservations must be made a day in advance before 2pm Please reserve on Friday before 2pm for Monday's lunch</p>	<p>Select either hot or cold when making your lunch reservations</p>	<p>All lunches include a dessert</p>	<p>1 Breaded Chicken Cutlet w/fruit chutney, vegetable couscous, broccoli, and roll or Egg salad on wheat</p>	<p>2 Beer Battered Fish with tartar sauce, baked fries, coleslaw, and wheat bread or Turkey on wheat</p>
<p>5 Lasagna Roll Up, Italian blend veggies, juice, and garlic bread or Tuna on wheat</p>	<p>6 BBQ Chicken, corn on the cob, broccoli, and wheat bread or Turkey on wheat</p>	<p>7 Gyro on pita bread with Tzatziki sauce, lemon potatoes, and Greek style spinach bake or Tuna on wheat</p>	<p>8 Salisbury Steak with gravy, mashed potatoes, peas & onions, and biscuit or Turkey on wheat</p>	<p>9 Personal Pizza, Seafood chowder, juice, and crackers or Egg Salad on wheat</p>
<p>12 Angel Hair Pasta w/Pomodoro sauce & Ricotta Salata, Minestrone soup, juice, and garlic bread or Tuna on wheat</p>	<p>13 Chicken Quesadilla on flour tortilla, rice & beans, fiesta veggies, and juice or Egg salad on wheat</p>	<p>14 Grilled Cheese Sandwich on wheat bread, Tomato soup, and juice <u>No cold Lunch Today</u></p>	<p>15 Breaded Pork Chop, baked sweet potato, Brussels sprouts, and biscuit or Tuna on wheat</p>	<p>16 Potato Crusted Cod Fish with tartar sauce, baked fries, mixed vegetables, and wheat bread or Egg Salad on wheat</p>
<p>19 <u>Hanukkah Celebration</u> Lemon Chicken, roasted potatoes, string beans, roll, and jelly donut <u>No cold Lunch Today</u></p>	<p>20 <u>Brunch Day</u> Potatoes & Eggs, field green salad, orange juice, and English muffin Brunch served at 11:45am No Lunch Today</p>	<p>21 <u>Christmas Celebration</u> Stuffed Loin of Pork w/ apple & cranberry stuffing and gravy, mashed potatoes with caramelized onions, asparagus, and roll <u>No cold Lunch Today</u></p>	<p>22 Beer Battered Fish with tartar sauce, baked fries, coleslaw, and wheat bread or Egg Salad on wheat</p>	<p>24 Center Closed Holiday</p>
<p>26 Center Closed Holiday</p>	<p>27 Spaghetti & Meatballs with Pomodoro sauce, Italian blend veggies, juice, and garlic bread or Tuna on wheat</p>	<p>28 <u>Birthday Day</u> Herb Roasted Chicken, mashed potatoes, peas & carrots, and wheat bread or Turkey on wheat</p>	<p>29 Beef Burgundy over egg noodles, broccoli, juice and biscuit or Chicken salad on wheat</p>	<p>30 <u>New Year's Bingo Party</u> Chicken Marsala with mushrooms, rice pilaf, carrots, juice, and roll No Cold Lunch today</p>

****RESERVATIONS REQUIRED A DAY IN ADVANCE BY 2:00 PM****
YOUR MEAL DONATION OF \$3.00 - \$5.00 is GREATLY APPRECIATED

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging.