



Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Low Impact Cardio w/ Terri 10:00 Dance to Music with Paulette 11:00 Yoga Class w/Patricia 1:00 Stretch & Balance w/Gina 6:00 Strength Training with John	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 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 Flow Yoga w/Patricia 5:00 Strength Training with John	9:00 Strength Training w/John 10:15 Strength Training w/John 5:00 NEW Pilates with Gina	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 1:00 Bridge Game
1 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 1:00 Choral Group w/Theresa	2 10:00 Water Colours Painting Class 11:15 Musical Performance by Michele Purcell—A member of The Wheel House "7" Band 12:45 Bingo	3 12:45 Trip - Shopping at Stop & Shop 1:00 The Morning Show—TV Series 5:00 Strength Training with John	4 11:00 Final Breakfast For Your Brain with Courtney 12:45 Craft Group with Sue & Margie 1:00 Safe Space Group 5:00 NEW Pilates with Gina	5 11:30 Brain Games with Beth 11:45 Cinco de Mayo with an Authentic Mexican Style Lunch 12:00 Piano Music by Joan 12:45 Bingo
8 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 6:00 Strength Training with John	9 10:00 Water Colours Painting Class 11:15 Family Feud w/Carolyn Paladin 12:45 Super Bingo	10 12:45 Spring Skin Care w/Mary Sydell 12:45 Trip - Shopping at Trader Joe's 1:00 The Morning Show—TV Series 5:00 Strength Training with John	11 10:30 SAC Meeting 11:30 Mother's Day Celebration Tea (Ticket reservations requested) 2:00 Caregiver's Group with Ruth	12 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
15 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 1:00 Choral Group w/Theresa 6:00 Strength Training with John	16 10:00 Water Colours Painting Class 11:00 Healthy Living for Your Brain with Katherine Martinez of Alzheimer's Association 12:30 Bingo 7:00 Open Mic Night 7:15 Band Performance at OBHS	17 12:45 Trip to Oheka Castle with docent Vicki Metz 1:00 The Morning Show—TV Series 5:00 Strength Training with John	18 11:15 Nutritionist Khy Ee from Cornell Cooperative—The Importance of Hydration 2:00 Foodie Group with Chef Anthony and Crew - Tapas & Wine Pairing (Please register and pay Beth) 5:00 NEW Pilates with Gina	19 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo 4:30 Social Singles - Gathering at Theodore Roosevelt Park Bring refreshments for all and a beach chair
22 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 6:00 Strength Training with John	23 10:00 Water Colours Studio 11:30 Social Service Updates with Beth 12:45 Bingo	24 11:00 Scam Prevention - with Ken Heino on behalf of Assemblyman Jake Blumencranz Office 12:45 Birthday Day  1:00 Trip - Shopping at Big Lots 5:00 Strength Training with John	25 10:30 Memorial Day Bake Sale until 3pm 12:45 Colouring & Tea with Alice 2:00 Caregiver's Group with Ruth 5:00 NEW Pilates with Gina	26 10:30 Memorial Day Bake Sale 11:30 Memorial Day Remembrance w/ Veteran Guest Speaker's & Lunch 12:00 Piano Music by Joan 12:45 Bingo
29 Center Closed Holiday	30 11:15 Musical Performance by Michele Purcell—A member of The Wheel House "7" Band 12:45 Bingo	31 11:00 Strawberry Demo with Mary 12:45 Trip - Shopping at Target 1:00 The Morning Show—TV Series 5:00 Strength Training with John	Save The Date for Festival of Baskets on Wednesday 6-21-23 We are now accepting BRAND NEW and regifted items to help plan our theme baskets for the festival (Sorry- No junk or used items please)	

May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Turkey Chili over brown rice, mixed vegetables, juice, and crackers or Tuna on wheat</p>	<p>2 Chicken Cutlet with fruit chutney, mac & cheese, carrots, juice, and wheat bread or Turkey on wheat</p>	<p>3 Beef Stroganoff over egg noodles, broccoli, juice, and roll or Tuna on wheat</p>	<p>4 Penne Ala Vodka, Italian blend vegetables, juice, and garlic bread or Egg salad on wheat</p>	<p>5 <u>Cinco de Mayo</u> Carnitas Taco with salsa & sour cream, rice & beans, roasted zucchini, and juice <u>No Cold Lunch Today</u></p>
<p>8 Cheese Ravioli with Pomodoro sauce, tossed salad, juice, and garlic bread <u>No Cold Lunch Today</u></p>	<p>9 Chicken Salad with cranberries & walnuts on brioche roll, 3-bean salad, and juice <u>No Cold Lunch Today</u></p>	<p>10 Grilled Chicken over Caesar salad with croutons, and juice <u>No Cold Lunch Today</u></p>	<p>11 <u>Mother's Day Tea</u> Assorted Tea Sandwiches, veggie pasta salad, and juice <u>No Cold Lunch Today</u></p>	<p>12 Personal Pizza, Turkey Chowder, and juice or Tuna on wheat</p>
<p>15 BBQ Chicken, coleslaw, baked beans, and biscuit or Tuna on wheat</p>	<p>16 Salisbury Steak with gravy, mashed potatoes, peas & carrots, and roll or Egg salad on wheat</p>	<p>17 Roast Pork Sandwich with duck sauce on garlic bread, Asian style vegetables, and juice <u>No Cold Lunch Today</u></p>	<p>18 Cheese Tortellini w/ Chicken & Pesto sauce, spinach, juice, and bread stick or Tuna on wheat</p>	<p>19 Crab Cakes with dill sauce, herb roasted potato, corn, and wheat bread or Egg salad on wheat</p>
<p>22 Spaghetti & Meatballs, Italian blend vegetables, juice, and garlic bread or Tuna on wheat</p>	<p>23 Herb Roasted Chicken, wild rice blend, Brussels sprouts, juice, and roll or Egg salad on wheat</p>	<p>24 <u>BirthDay Day</u> Beef Burgundy with mushrooms, brown rice, spinach, juice, and cake <u>No Cold Lunch Today</u></p>	<p>25 Chicken Quesadilla on flour tortilla, rice & beans, vegetable fiesta, and juice or Egg salad on wheat</p>	<p>26 <u>Memorial Day</u> Hamburger on bun w/lettuce, tomato, pickle & cheese, potato salad, and 3-bean salad <u>No Cold Lunch Today</u></p>
<p>29 Center Closed Holiday</p>	<p>30 BBQ Pulled Chicken on bun, coleslaw, and baked beans or Tuna on wheat</p>	<p>31 Baked Pork Chop w/ gravy, mashed sweet potatoes, string beans, and biscuit or Egg salad on wheat</p>	<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 reservations All lunches come with dessert</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.