



<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
<p>9:00 Low Impact Cardio w/ Terri 10:00 Dance to Music with Paulette 11:00 Yoga Class w/Patricia 1:00 Stretch &amp; Balance w/Gina</p> <p><b><u>Festival of Baskets Auction</u></b> <b>on Wed 6-21-23</b> Preview begins at 5:00pm- Auction starts at 6:30pm \$15 entrance fee (includes 3 tickets for medium baskets - plus coffee &amp; cake)</p>	<p>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</p> <p><b><u>Father's Day Picnic</u></b> at Theodore Roosevelt Park on Thurs. 6-15-23 from 10:30am- 2pm (Ticket reservations requested) Menu: Sausage &amp; Pepper hero, potato salad and special ice cream</p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:05 Stretch &amp; Balance w/Gina 11:00 Gentle Flow Yoga w/Patricia</p> <p><b><u>Virtual Trip to Sicily</u></b> on Thursday 6-29-23 at 12 noon See some of the most popular areas in Sicily on our smart board with an Authentic Sicilian Style Lunch prepared by Chef Anthony</p>	<p>9:00 Strength Training w/John 10:15 Strength Training w/John 1:00 <b>Safe Space Group</b></p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo &amp; Carmela 10:30 Tai Chi w/Spencer Gee 1:00 Bridge Game</p> <p>2 11:30 Brain Games with Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>5 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:00 Yoga Class w/Patricia</p>	<p>6 11:15 <b>Exercise To Music</b> with Gina 12:45 Bingo</p>	<p>7 12:45 <b>Craft Project with Sue &amp; Margie</b> 11:15 Speaker Chris Walter from Family &amp; Childrens Assoc. on <b>Assistance Programs for Seniors</b> 12:45 <b>Trip - Shopping at Shop Rite</b></p>	<p>8 10:30 SAC Meeting 2:00 Caregiver's Group with Ruth</p>	<p>9 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>12 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:15 Bring in Your Graduation Photos for a Contest on Mon. 6-26-23 1:00 <b>Choral Group</b> w/Theresa</p>	<p>13 11:00 <b>Let's Make A Deal</b> with Michele from Home Instead 12:45 Super Bingo</p>	<p>14 11:15 <b>Stroke Prevention</b> w/Rose Graziosi, RN from Northwell Health 12:00 <b>Celebrate Flag Day - The History of Old Glory</b> w/Mary &amp; Anthony 12:45 <b>Trip - Shopping at IGA in Bayville</b></p>	<p>15 10:30 <b>Father's Day Picnic at Theodore Roosevelt Park</b> (Ticket reservations requested)</p>	<p>16 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo 4:30 <b>Social Singles—Pizza Party</b></p>
<p>19 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:30 <b>Musical Performance</b> with Students from Syosset High School</p>	<p>20 10:00 Water Colours Painting Class 11:15 <b>Medicare Scams</b> w/Michael Regan &amp; Patricia Hardy Sponsored by Assemblyman Jake Blumencanz 12:45 Bingo 7:00 <b>Open Mic Night</b></p>	<p>21 11:30 <b>Brunch will be served</b> 5:00 <b>Festival of Baskets - Preview</b> Baskets &amp; Purchase Tickets Auction Begins at 6:30pm</p>	<p>22 11:15 <b>Food Safety Bingo</b> with Kye Ee from Cornell Cooperative 2:00 Caregiver's Group with Ruth 2:00 <b>Foodie Group</b> with Chef Anthony and Crew</p>	<p>23 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>26 10:00 Beginner Spanish w/Alvero 11:00 Spanish Lesson with Alvero 11:15 <b>Guess The Graduate Contest</b> 12:45 <b>Oyster Bay Music Festival</b></p>	<p>27 10:00 Water Colours Studio 11:15 <b>Oyster Bay Music Festival</b> 12:45 Bingo</p>	<p>28 11:30 <b>Birthday Day</b>  12:45 <b>Oyster Bay Music Festival</b> 1:00 <b>Trip - Shopping at Trader Joes</b></p>	<p>29 11:15 <b>Oyster Bay Music Festival</b> 12:00 <b>Virtual Trip To Sicily</b> with an Authentic Sicilian Style Lunch 12:45 <b>Coloring &amp; Tea</b> with Alice</p>	<p>30 11:00 <b>Oyster Bay Music Festival</b> 12:00 Piano Music by Joan 12:45 Bingo</p>