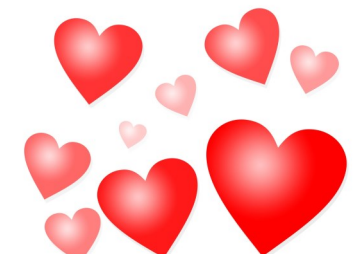










<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
9:00 Low Impact Cardio w/Terri 10:00am And 11:00 am SPANISH 10:30 New! Creative Writing w/ Kathy and JoAnn 11:00 Gentle Flow Yoga w/Patricia 1:00 Stretch & Balance w/Gina	9:00 Strength Training w/John 10:00 Blood Pressure Screening w/Barbara 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 1:00 Line Dancing w/Kathy 1:00 Meditation w/ Patricia	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 Chair Yoga w/Patricia	9:00 Strength Training w/John 10:15 Strength Training w/John 1:00PM Discussion & Snacks w/ Miranda	9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo & Carmela 10:30 Tai Chi w/Spencer Gee 12:45 Bingo 1:00 Bridge Game
	<p style="text-align: center;">FEBRUARY IS HEART HEALTH AWARENESS MONTH</p> <p style="text-align: center;">Wear Red or Pink on February 14th!</p>	<p style="text-align: center;">RESERVE YOUR TICKET FOR THE MARDI GRAS PARTY TODAY IN THE PROGRAM OFFICE</p> 	1 10:30 Trips & Tours Meeting w/ Nancy 12:45 Chair Dance w/ Kim 1:00 Discussion & Snacks w/Miranda 1:00 Activities Meeting w/Theresa	2 12:00 New! Canasta Group 12:00 Piano Music by Joan 12:45 Bingo 1-2pm Tech Time Appointments With Jillian (see Jillian for appointment)
5 10:30 Creative Writing Studio 12:45 Chorale Group - Sing-A-Long w/ Theresa	6 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 12:45 Bingo! 1:00 Potpourri with Jillian!	7 10:00 New! Watercolour Expressions 12:45 Trip to IGA in Bayville 12:45 Crafts w/ Marge and Sue (Pre-register in Program Office)	8 10:30AM SAC Meeting 1:00PM Discussion & Snacks w/ Miranda 2:00 Care giver Support Group 2:00 Foodie Group w/ Anthony	9 LUNAR NEW YEAR LUNCHEON  11:15 Year of the Dragon! 12:00 Piano Music by Joan 12:45 Lucky New Year Bingo 1-2pm Tech Time Appointments With Jillian (see Jillian for appointment)
12 10:30 Creative Writing Studio 12:45 Black History Month Music Spotlight: The Queens Jazz Trail & Great Ladies of Song	13 MARDI GRAS PARTY!!  9:30 Adelphi Nursing Students 11:30-1:30 Mardi Gras Party w/ Entertainment by Willy Sacco	14 ASH WEDNESDAY 11:30 Poems and Prayers about Love and Friendship (wear red or pink) 12:45 "History of Saint Valentine" Discussion 	15 11:30 Seated Cardio w/ Gina 1:00PM Discussion & Snacks w/ Miranda 1:00 Virtual Broadway Musical! (TBD)	16 11:30 President's Day Trivia w/ Beth 12:00 New! Canasta Group 12:00 Piano Music by Joan 12:45 Bingo 1-2 pm Tech Time Appointments With Jillian (see Jillian for appointment)
19  Presidents Day  CENTER CLOSED	20 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 12:45 Super Bingo! 1:00 Potpourri with Jillian!	21 VIRTUAL TRIP DAY 10:00 New! Watercolour Expressions 11:30 Virtual Trip to Tahiti 12:45 Trip to Kohls	22 11:15 "Facts on Fat" w/ Tiffany from Cornell Cooperative 1:00PM Discussion & Snacks w/ Miranda 2:00 Caregiver Support Group	23 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo 1-2 pm Tech Time Appointments With Jillian (see Jillian for appointment)
26 10:30 Creative Writing Studio 12:45 Drum Fitness for Health w/ Physical Therapists from Excel at Woodbury, Glen Cove Center for Nursing & Rehab and Emerge Nursing & Rehab at Glen Cove	27 CHINESE DANCE PERFORMANCE  10:00 Watercolour Studio 11:00 Chinese Dance Performance by "Yes I Can" studio in Syosset 12:45 Bingo! 1:00 Potpourri with Jillian!	28 BIRTHDAY DAY  12:45 Trip to Trader Joes 12:45 Arts & Crafts w/ Marge and Sue 1:00 LECOB Book Club Discussion: West with Giraffes by Lynda Rutledge	29 11:30 Seated Sing & Stretch w/ Theresa 1:00PM Discussion & Snacks w/ Miranda 1:00 Coloring & Tea Party w/ Alice	SAVE THESE MARCH DATES: March 5: Stroke Prevention Awareness March 6: Trip to Jericho High School: Sponge Bob the Musical March 21: Presentation: The History of Sagamore Hill National Historic Site w/ the National Park Service March 25: Greek Independence Day March 27: Easter Celebration