




<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 10:00am 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</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 1:00 Meditation w/ Patricia</p>	<p>9:00 Dance Class 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</p>	<p>9:00 Strength Training w/John 10:15 Strength Training w/John 1:00PM Discussion & Snacks w/ Miranda</p>	<p>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 50/50 Movement & Meditation w/ Gina 1:00 Bridge Game</p>
<p>1 10:00 Spanish with Vanesa 10:30 Creative Writing Studio 11:00 Spanish with Vanesa 12:45 Healthy Snacks w/ Winza, Clinical Dietician from Glen Cove Center for Nursing and Rehabilitation</p>	<p>2 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 12:45 Bingo! 1:00 Activities Committee Meeting 1:00 Tech Time w/ Jillian</p>	<p>3 (ELEVATOR BEING SERVICED) 10:00 Women of the Ages w/Beth 12:45 Crafts w/ Marge and Sue (Pre-register in Program Office) 2:00 Decorate for Volunteer Lunch</p>	<p>4 11:30 Volunteer Awards 12:00 Appreciation Luncheon 1:00 Entertainment by David Jacobson of Neil Forever (Neil Diamond Tribute Band)</p> 	<p>5 11:15 April Jeopardy w/ Nancy 12:00 Canasta Group 12:00 Piano Music by Joan 12:45 Bingo 1-2pm Tech Time w/ Jillian</p>
<p>8 10:00 Spanish with Vanesa 10:30 Making Baskets for The Homebound Members 10:30 Creative Writing Studio 11:00 Spanish with Vanesa 12:45 Chorale Group w/ Theresa</p>	<p>9 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 11:30 Move to Music w/ Gina 12:45 Bingo! 1:00 pm Tech Time w/ Jillian</p>	<p>10 (NO LUNCH DINNER MEAL ONLY)  12:45 Crafts w/ Marge and Sue (Pre-register in Program Office) 5:30 REVERSE RAFFLE DINNER</p>	<p>11 Reiki sessions by appt. 10:30 Trips &Tours Meeting 12:45 Trip to Stop and Shop 1:00 Discussion & Snacks with Miranda 2:00 Caregiver Support Group 2:00 Foodie Group</p>	<p>12 11:30 Brain Games w/ Beth 12:00 Piano Music by Joan 12:45 Bingo 1-2pm Tech Time w/ Jillian</p>
<p>15 10:00 Spanish with Vanesa 10:30 Creative Writing Studio 11:00 Spanish with Vanesa 12:45 Piano Sing-A-Long w/ Michele Purcell</p>	<p>16 11:30 Rock & Roll History: Part 1 w/ Theresa 12:45 Super Bingo! 1:00 Tech Time w/ Jillian 7:00 Open Mic Night</p>	<p>17 BIRTHDAY DAY! 10:00 Watercolour Expressions 11:30 Birthday Day! 12:45 Spring Fling Entertainment w/ John Walsh presented by Home Instead Home</p> 	<p>18 10:30AM SAC Meeting 11:15 "Are You Smarter than a Nutritionist?" Cornell Cooperative 12:45 Trip to IGA Bayville 1:00 Discussion & Snacks with Miranda</p>	<p>19 11:30 Brain Games w/ Beth 12:00 Canasta Group 12:00 Piano Music by Joan 12:45 Bingo 1-2 pm Tech Time w/ Jillian</p>
<p>22 10:00 Spanish with Vanesa 10:30 Creative Writing Studio 11:00 Spanish with Vanesa 12:45 Name that Tune w/ Deidre From Oyster Bay Manor & Harbor House Assisted Living</p>	<p>23 11:15 Scam Prevention Seminar presented by Senator Jack Martin's office 10:00 Watercolour Painting Class 12:45 Bingo! 1:00 Tech Time w/ Jillian</p>	<p>24 MOLLOY HEALTH FAIR 10:00 New! Watercolour Expressions 11:30 BRUNCH 12:45 Trip to Trader Joe's 1-3pm Health Fair presented by Molloy Univ. 1:00 LECOB Book Club Discussion: Caste: The Origins of Our Discontent by Isabel Wilkerson</p>	<p>25 PASSOVER 11:30 Passover Discussion 12:00 Passover Lunch 1:00PM Discussion & Snacks w/ Miranda 2:00 Caregiver Support Group</p>	<p>26 11:30 Brain Games w/ Beth 12:00 Piano Music by Joan 12:45 Bingo 1-2 pm Tech Time Appointments</p>
<p>29 10:00 & 11:00 Spanish w/ Vanessa 10:30 Creative Writing Studio 12:45 Drum Fitness for Health with physical therapists from Excel at Woodbury, Glen Cove Center for Nursing and Rehab and Emerge</p>	<p>30 10:00 Watercolour Studio 12:45 Bingo! 1:00 Tech Time w/ Jillian</p>	<p>APRIL IS VOLUNTEER APPRECIATION MONTH</p> 		<p>Sign Up for Lunch and the Bus at Front Desk or Call Our "Hotline" to leave a message to make a Reservation: (516) 922-6422</p>