



<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>

APRIL Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Ravioli w/ pomodoro sauce, tossed salad, garlic bread, pineapple, juice Or Tuna on wheat</p>	<p>2 Chicken Quesadilla w/sour cream and salsa, corn, juice, tortilla, mandarin orange Or Chicken Salad on wheat</p>	<p>3 Hamburger w/ lettuce tomato cheese & pickle, bun, baked beans, sweet potato fries, fresh fruit, juice Or Egg Salad on wheat</p>	<p>4 VOLUNTEER Chicken Marsala, roasted potato, string beans, rolls, juice, cake No Cold Option</p>	<p>5 Fish and chips, tar- tar sauce, coleslaw, whole wheat bread, sliced apples, juice Or Turkey on wheat</p>
<p>8 Caesar salad w/ grilled chicken, broccoli soup, croutons, juice, mandarin orange or Tuna on wheat</p>	<p>9 Breaded Pork chop, Italian blend, baked potato, whole wheat bread, applesauce Or Egg Salad on wheat</p>	<p>10 REVERSE RAFFLE Baked Ziti, tossed salad, Garlic Bread, juice, pound cake No Cold Option</p>	<p>11 FOODIE GROUP Grilled Cheese, tomato soup, whole wheat bread, peaches, juice or Turkey on wheat</p>	<p>12 Breaded fish w/ tartar sauce, baked sweet potato fries, coleslaw, roll, cookie Or Egg Salad on wheat</p>
<p>15 Spaghetti and Meatballs, Garlic Bread, spinach, pears, juice Or Tuna on wheat</p>	<p>16 BBQ Chicken, Mac & Cheese, broccoli, biscuit, peaches, juice Or Egg Salad wheat</p>	<p>17 SPRING FLING BIRTHDAY Chicken Lettuce Wraps, Vegetable Quinoa Salad, breadstick, cake, juice No Cold Option</p>	<p>18 Chicken Cacciatore, noodles, green beans, Italian Bread, manda- rin, juice Or Tuna on wheat</p>	<p>19 Potato Crusted Cod, tater tots, bean salad, biscuit, fruit cup or Egg Salad on wheat</p>
<p>22 Penne la vodka, tossed salad, garlic bread, fresh fruit Or Tuna on wheat</p>	<p>23 Asian marinated chicken, stir fry vegetable, fried rice, egg roll, almond cookie Or Egg Salad</p>	<p>24 BRUNCH Scrambled egg with cheese, hash brown, breakfast sausage, orange juice, bagel with cream cheese, fresh fruit</p>	<p>25 PASSOVER Apricot grainy mustard chicken on bone, peach matzoh, farfel kugel, roasted brussel sprouts, matzoh, macaroons No Cold Option</p>	<p>26 Personal Pizza, Caesar salad, juice, pizza crust, pineap- ple Or Turkey on wheat</p>
<p>29 Chicken risotto w/ mushrooms, spinach, Italian Bread, peaches, juice Or Tuna on wheat</p>	<p>30 Salsbury steak w/ gravy, mashed potatoes, peas, biscuit, pudding Egg salad on wheat</p>	<p><i>All reservations must be made a day in advance before 12pm Please reserve on Friday before 12pm for Monday's lunch</i></p>	<p><i>Select either hot or cold when making your reservations The Grab & Go Program has been discontinued.</i></p>	<p>Sign Up at Front Desk or Call Hot- line to make a Reservation: (516) 922-6422</p>

****RESERVATIONS REQUIRED A DAY IN ADVANCE BY 12:00 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.