



<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  <b>10:00am And 11:00 am SPANISH</b>            10:30 New! Creative Writing w/ Kathy and JoAnn            11:00 Gentle Flow Yoga w/Patricia            1:00 Stretch &amp; 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 &amp; Balance w/Gina            11:00 Gentle Chair Yoga w/Patricia            1:30 Breakfast for Your Brain w/ Beth (New!)</p>	<p>9:00 Strength Training w/John            10:15 Strength Training w/John</p>	<p>9:00 Low Impact Cardio w/ Terri            10:00 Blood Pressure Screening w/Janice            10:30 Senior Chat with Carmela            10:30 Tai Chi w/Spencer Gee            12:45 Bingo            1:00 Movement &amp; Meditation w/ Gina            1:00 Bridge Game</p>
<p><b>3</b>            10:00 Spanish with Vanesa            10:30 Creative Writing Studio            11:00 Spanish with Vanesa  <i>11:00 Yoga canceled</i>  <b>12:00 Piano Music by Khatuna</b>  <b>12:45 Seated Dance w/ Kim</b></p>	<p><b>4</b>            10:00 Watercolour Painting Class            12:45 Bingo  <i>1:00 Meditation canceled</i>  <b>1-3 pm Member Art Exhibit with Wine /Cheese Reception</b></p>	<p><b>5</b>  <b>9:30 Cradle of Aviation Trip</b>            10:00 Women of the Ages w/Beth            10:00 Watercolor Expressions  <i>11:00 Yoga canceled</i>            1:30 Breakfast for Your Brain</p>	<p><b>6</b>  <b>10:30 Trips &amp;Tours Meeting</b>            12:00 Summer Farm to Table w/ KhyEe from Cornell Cooperative  <b>12:45 Activities Meeting</b>  <b>12:45 Trip to Lidl</b>  <b>1:30 Movie: Cabrini</b></p>	<p><b>7</b>  <b>9:30 Trip to TR Elementary School (sign up in Program Office)</b>            11:30 Brain Games w/ Beth  <b>12:00 Canasta Group</b>            12:00 Piano Music by Joan            12:45 Bingo</p>
<p><b>10</b>            10:00 Spanish with Vanesa            10:30 Creative Writing Studio            11:00 Spanish with Vanesa  <b>11:15 Centerpieces Flower Show by Syosset Garden Club</b>  <b>1:00 Name that Tune w/Theresa</b></p>	<p><b>11</b>  <b>11:15 De-Clutter and Destress Workshop by Caring Transitions</b>            12:45 Super Bingo!!!</p>	<p><b>12 Father's Day Picnic</b>  <b>10:30 Father's Day Picnic at Teddy Roosevelt Park (SEE PROGRAM OFFICE FOR TICKET)</b></p>	<p><b>13</b>  <b>10:00 SAC MEETING</b>  <b>12:45 Pelvic Health Seminar w/ Guisi</b>  <b>12:45 Trip to Trader Joe's</b>  <b>2:00 Foodie Group</b>  <b>2:00 Caregiver Support Group</b></p>	<p><b>14</b>  <b>11:00 Harborfields Students present: Living History at LECOB!</b>            12:00 Piano Music by Joan            12:45 Bingo</p>
<p><b>17</b>            10:00 Spanish with Vanesa            10:30 Creative Writing Studio            11:00 Spanish with Vanesa  <b>1:00 Movie: Advanced Style</b></p>	<p><b>18</b>            10:00 Watercolour Painting Class  <b>11:30 Move to the Beat w/ GINA!</b>            12:45 Bingo  <b>7:00 Open Mic Night</b></p>	<p><b>19 JUNETEENTH</b>  <b>11:00 Syosset Orchestral Students Perform (Cultural Music Alliance)</b>  <b>12:45 Juneteenth Tribute</b>            12:45 Crafts &amp; Crochet Club</p>	<p><b>20</b>            9:00 Strength Training w/John            10:15 Strength Training w/John  <b>5:00 Festival of Baskets Fundraiser</b></p>	<p><b>21</b>            11:30 Brain Games w/ Beth  <b>12:00 Canasta Group</b>            12:00 Piano Music by Joan            12:45 Bingo</p>
<p><b>24</b>            10:00 &amp; 11:00 Spanish w/ Vanesa            10:30 Creative Writing Studio  <b>12:45 Railroad Museum Trip</b>  <b>12:45 Drum Fitness for Health with Vicky from Excel at Woodbury, Glen Cove Center for Nursing and Rehab and Emerge Center for Rehab</b></p> 	<p><b>25</b>  <b>10am-2pm St Francis Health Bus Visits!</b>            10:00 Watercolour Studio  <b>11:15 Heart Health Seminar w/ Maura From Catholic Health</b>            12:45 Bingo!</p> 	<p><b>26 BIRTHDAY DAY!</b>            10:00 New! Watercolour Expressions  <b>11:30 Birthday Day!</b> 🎂            12:45 Trip to IGA            12:45 Crafts &amp; Crochet Club            1:00 LECOB Book Club Discussion  <b>The Women, by Kristen Hannah</b></p> <p><b>Save the Dates:</b>            July 1st-OB Music Festival            July 3rd-Independence Day Party w/ Entertainment by John Walters &amp; Home Instead            July 19th- Birding for Beginners Lecture</p>	<p><b>27</b>            11:00 Installation of SAC Officers            1:00 Watercolour &amp; Meditation            2:00 Caregiver Support Group</p> <p>Sign Up for Lunch and the Bus at Front Desk or Call Our "Hotline" to leave a message to make a <b>Reservation (516) 922-6422</b></p>	<p><b>28</b>  <b>11:15 Oyster Bay Music Festival</b>            12:00 Piano Music by Joan            12:45 Bingo  <b>6:00 pm Mozzarella Making with Chef Anthony (see Beth for a Reservation)</b></p> 