


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 2019				<div>1</div> <div>11:15 SPA Member led Line Dancing</div> <div>2:30 Yoga CANCELLED</div>	<div>2</div> <div>11:00 Sandel Circle Committee Mtg</div> <div>12:00 Outdoor Fun Day \$5.00pp (\$7.00 charged day of event)</div>	<div>3</div>
<div>4</div>	<div>5</div> <div>10:30 Plants & Grounds Committee</div> <div>12:45 Tai Chi</div> <div>1:30 Brain Fitness</div>	<div>6</div> <div>9:00 Aerobics CANCELLED</div> <div>9:30 Shopping @ King Kullen & CVS</div> <div>10:00 Pilates CANCELLED</div> <div>10:00 Men's Club Business Meeting</div> <div>SPA Boat Trip</div> <div>11:30 Leave Sandel & Rec Center</div> <div>2:00 Talk it Out CANCELLED</div>	<div>7</div> <div>11:30 SPA Committee Meeting</div>	<div>8</div> <div>11:15 New Member Committee Meeting</div> <div>2:30 Yoga CANCELLED</div>	<div>9</div> <div>9:30 Gazebo Stretch</div> <div>11:00 SPA Dancing with Canes & Walkers (1/2 hr)</div> <div>12:00 Birthday Brunch \$4.00pp (\$5.00 charged day of event)</div>	<div>10</div>
<div>11</div>	<div>12</div> <div>11:00 Men's Club Picnic @ Bay Park (Men's Club members only)</div> <div>12:45 Tai Chi CANCELLED</div> <div>1:45 Headlines</div> <div>2:30 Sandel Circle visit to Atria Lynbrook</div>	<div>13</div> <div>10:00 Men's Club Billiards @ Atria Tanglewood</div> <div>11:00 Lecture: "What is CBD Oil?"</div> <div>1:00 Shopping @ Trader Joe's & CVS</div> <div>2:00 Talk it Out</div> <div>6:00 Memoir Writing</div>	<div>14</div> <div>11:00 Trip Committee Meeting</div> <div>Landmark Theatre Trip</div> <div>12:30 Leave Sandel</div> <div>12:45 Leave Rec Center</div>	<div>15</div> <div>11:00 Senior Concerns Committee Mtg.</div>	<div>16</div> <div>9:45 Total Body CANCELLED</div> <div>12:00 SPA-Tacular</div> <div>3:30 All buses depart for home</div> 	<div>17</div>
<div>18</div>	<div>19</div> <div>10:30 Plants & Grounds Committee</div> <div>12:45 Tai Chi</div>	<div>20</div> <div>10:00 Men's Club Business Meeting</div> <div>11:00 Lecture: "Hyperbaric Oxygen Therapy"</div> <div>1:00 Shopping @ King Kullen & CVS</div> <div>2:00 Artist Reception for Kevin McCarthy</div> <div>2:00 Words of Wisdom CANCELLED</div> <div>6:00 Memoir Writing</div>	<div>21</div> <div>Lido Beach Concert</div> <div>11:30 Leave Sandel</div> <div>11:45 Leave Rec Center</div> <div>2:00 Book Club</div>	<div>22</div> <div>11:15 Special Events Committee Mtg.</div>	<div>23</div> <div>12:30 Lunchtime Levity with Ryan Quinn</div>	<div>24</div>
<div>25</div>	<div>26</div> <div>CENTER CLOSED</div> <div>Re-Opens Tuesday, 9/3</div>	<div>27</div> <div>CENTER CLOSED</div> <div>Re-Opens Tuesday, 9/3</div>	<div>28</div> <div>CENTER CLOSED</div> <div>Re-Opens Tuesday, 9/3</div>	<div>29</div> <div>CENTER CLOSED</div> <div>Re-Opens Tuesday, 9/3</div>	<div>30</div> <div>CENTER CLOSED</div> <div>Re-Opens Tuesday, 9/3</div>	<div>31</div>
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
Key: * This program is made possible with funding from the NC Dept. of Human Services Office for the Aging, the NYS Office for the Aging & Administration on Aging.	<div>9:45 Core*</div> <div>11:00 Range of Motion*</div> <div>1:00 Scrabble/Rummikub</div>	<div>9:00 Aerobics</div> <div>10:00 Pilates</div> <div>12:40 Yoga*</div> <div>1:00 Cards</div> <div>2:00 Talk It Out/Words of Wisdom</div> <div>2:00 Scrabble/Rummikub</div> <div>**To make a reservation for door-to-door shopping call transportation before 8AM \$2.00 transportation fee.</div>	<div>9:30 Stretch & Balance</div> <div>10:30 Meditation</div> <div>11:00 "The News"</div> <div>12:45 Sit 'n' Dance</div> <div>1:00 Cards & Dominoes</div> <div>1:00 Line Dance*</div>	<div>10:00 Cardio Dance</div> <div>10:30 Studio Art</div> <div>10:30 Knitting & Crocheting</div> <div>11:00 Card Making</div> <div>1:00 Sing-a-long</div> <div>1:00 MahJongg</div> <div>1:00 Cards</div> <div>1:00 Rummikub</div> <div>2:30 Yoga</div>	<div>9:45 Total Body Workout (Sponsored by Town of Hempstead)</div>	Updated