

SUNDAY	MONDAY	TUESDAY	SPA WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>JULY 2019</div>	<div>1</div> <div>12:45 Tai Chi NEW</div>	<div>2</div> <div>10:00 Men’s Club Business Meeting 11:00 Lecture: “Senior Scams” 1:00 Shopping @ Trader Joe’s & CVS 2:00 Talk it Out CANCELLED</div> <div>SPA T-Shirt Day</div> <div>SPA</div>	<div>3</div> <div>11:00 Flea Market Committee Meeting</div>	<div>4</div> <div>Happy 4th of July</div> <div>Center Closed</div>	<div>5</div> <div>Center Closed</div>	<div>6</div>
<div>7</div>	<div>8</div> <div>10:30 Plants & Grounds Committee 11:00 Range of Motion CANCELLED 12:45 Tai Chi 1:45 Headlines 2:30 Sandel Circle Visit to Maple Pointe</div> <div>Last day to cancel Summer BBQ to receive refund</div> <div>SPA</div>	<div>9</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood</div> <div>Freeport Water Taxi</div> <div>12:15 Leave Sandel 12:30 Leave Rec Center</div> <div>1:00 Shopping @ King Kullen & CVS 2:00 Talk it Out</div> <div>SPA T-Shirt Day</div>	<div>10</div> <div>10:30 Supper Club Committee Mtg. 12:00 Summer BBQ hosted by Men’s Club \$10.00pp (\$12 charged day of event)</div> <div>All Programs Cancelled</div> <div>Nassau County Dept of Aging presents Farmers Market Vouchers</div>	<div>11</div> <div>11:15 New Member Committee Meeting 11:15 SPA Committee Meeting</div>	<div>12</div> <div>9:30 Gazebo Stretch 12:00 Birthday Brunch \$4.00pp (\$5.00 charged day of event)</div> <div>Last day to cancel Sandel Supper Club to receive refund</div>	<div>13</div>
<div>14</div>	<div>15</div> <div>12:45 Tai Chi 1:30 Brain Fitness</div> <div>Start bringing in Flea Market donations</div>	<div>16</div> <div>10:00 Men’s Club Business Meeting 11:00 Lecture: “Medication Management” 1:00 Shopping @ Trader Joe’s& CVS 2:00 Words of Wisdom</div> <div>6-7:30 Memoir Writing</div> <div>SPA T-Shirt Day</div> <div>SPA</div>	<div>17</div> <div>11:00 Senior Concerns Committee Meeting</div> <div>4-7 Sandel Supper Club’s Lobster Night \$20.00pp</div>	<div>18</div> <div>11:30 Flea Market set-up</div> <div>Center Closed for all programs</div>	<div>19</div> <div>FLEA MARKET 10:00am-3:00pm</div> <div>Center closed for all programs</div>	<div>20</div>
<div>21</div>	<div>22</div> <div>10:30 Plants & Grounds Committee 12:45 Tai Chi 1:45 Headlines</div> <div>5:00 Men’s Club trip to LI Ducks Game Leave Rec Center @ 5pm (Men’s Club members only)</div>	<div>23</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood 1:00 Shopping @ King Kullen & CVS 2:00 Talk it Out</div> <div>6-7:30 Memoir Writing</div> <div>SPA T-Shirt Day</div> <div>SPA</div>	<div>24</div> <div>On Your Feet at Westchester Broadway Dinner Theatre trip</div> <div>9:00 Leave Rec Center 9:15 Leave Sandel</div> <div>2:00 Happy Hour</div>	<div>25</div> <div>11:15 Special Events Committee Mtg. 11:15 SPA Dancing with Canes & Walkers (1/2 hr)</div>	<div>26</div> <div>10:45 Executive Committee Meeting 1:00 General Meeting</div>	<div>27</div>
<div>28</div>	<div>29</div> <div>Jake’s 58 Casino</div> <div>10:15 Leave Sandel 10:30 Leave Rec Center</div> <div>12:45 Tai Chi 1:30 Brain Fitness</div>	<div>30</div> <div>10:00 Men’s Club Billiards Atria Tanglewood 11:00 Artist Reception for Darby Thomas 1:00 Shopping @ Trader Joe’s & CVS 2:00 Words of Wisdom</div> <div>6-7:30 Memoir Writing</div> <div>SPA T-Shirt Day</div> <div>SPA</div>	<div>31</div> <div>11:00 Trip Committee 2:00 Book Club</div> <div>6:00 Evening Dine Around at Blue Moon</div>			
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
<div>Key:</div> <div>* 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>	<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>	<div>Updated 6/27</div>