





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 2019						1
2 12-2 Lunch at Villa Maria \$20.00pp	3 10:00 Plants & Grounds Committee 1:45 Headlines 5:00 Dinner & Village Board Meeting  SPA T-shirt Day	4 10:00 Men's Club Business Meeting & Garden Park Party (Men's Club members only) 10:00 Seniorversity Pilates #6 1:00 Shopping @ Trader Joe's & CVS 2:00 Talk it Out	5 <u>Crescent Beach Club</u> 10:15 Buses leave Sandel & Rec Center Closed All Programs Cancelled	6 11:15 New Member Committee Mtg.	7 9:30 Gazebo Stretch 1:00 Horse Racing at Sandel	8
9	10 11:00 New Member "Social" (by invitation only) 1:30 Brain Fitness 2:30 Sandel Circle visit to Atria Tanglewood	11 10:00 Men's Club Billiards @ Atria Tanglewood 1:00 Shopping @ King Kullen & CVS 2:00 Words of Wisdom  SPA T-shirt Day	12 12:00 Center Stage Spring Luncheon & Concert \$5.00pp (\$7.00 charged day of event) All Programs Cancelled	13 11:15 SPA Beginner Line Dance	14 12:00 Voter Appreciation Luncheon at Churchill's	15
16	17 10:00 Plants & Grounds Committee 12:00 Center Stage Luncheon (Center Stage Members only) 12:30-2:00 Blood Pressure Screening & Health Assessment* 1:45 Headlines	18 9:00 Aerobics CANCELLED 10:00 Men's Club Business Meeting 11:00 Artist Reception 1:00 Shopping @ Trader Joe's & CVS 2:00 Talk it Out Village Elections—Let your voice be heard  SPA T-shirt Day	19 10:30 Seniorversity Meditation #5 11:00 Senior Concerns Committee Meeting 2:00 Book Club 2:00 Seniorversity MahJongg #6	20 11:00 Art Class on your own (no instructor) 11:15 Special Events Committee Mtg	21 9:30 Gazebo Stretch 12:00 Birthday Brunch with entertainment by Sandel's Sing-a-long members	22
23	24 <u>Long Beach Boardwalk & Lazy Lobster for lunch</u> 10:15 Leave Sandel 10:30 Leave Rec Center  SPA T-Shirt Day	25 10:00 Men's Club Billiards @ Atria Tanglewood 11:00 Lecture: "Make Better Beverage Choices" 1:00 Shopping @ King Kullen & CVS 2:00 Words of Wisdom	26 10:30 Seniorversity Meditation #6 11:00 Trip Committee Meeting 1:00 Mock Trial CANCELLED Sit 'n' Dance, Line Dance, Cards & Dominoes 6:00 Dine Around at Radigan's	27 11:15 SPA Dancing with Canes & Walkers (1/2 hr)	28 10:45 Executive Committee Meeting 1:00 General Meeting with Executive Board Installation and reception	
	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.	9:45 Core* 11:00 Range of Motion* 12:45 Center Stage Chorus 1:00 Scrabble/Rummikub	9:00 Aerobics 10:00 Pilates 12:40 Yoga* 1:00 Cards 2:00 Talk It Out/Words of Wisdom 2:00 Scrabble/Rummikub **To make a reservation for door-to-door shopping call transportation before 8AM \$2.00 transportation fee.	9:30 Stretch & Balance 10:30 Meditation 11:00 "The News" 12:45 Sit 'n' Dance 1:00 Cards & Dominoes 1:00 Line Dance*	10:00 Cardio Dance 10:30 Studio Art 10:30 Knitting & Crocheting 11:00 Card Making 1:00 Sing-a-long 1:00 MahJongg 1:00 Cards 1:00 Rummikub 2:30 Yoga	9:45 Total Body Workout (Sponsored by Town of Hempstead)	Updated 6/3