

May 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>All Sandel Programs Cancelled</b> 12:00 Volunteer Luncheon (Leave Sandel 11:30, Leave Rec Center 11:45)	<b>2</b> 10:30 Fun & Fit with Nancy <b>NEW!!</b> 11:00 Canasta Lesson 11:45 SPA Committee Meeting 1:00 Mahjongg & Games	<b>3</b> 10:30 Balance with Megan  <b>1:00 BINGO</b>
<b>6</b> 10:00 Cardio with Sheila* Yoga Cancelled  12:45 Centre Stage  1:00 Crocheting Lesson with Melanie  1:30 Art with Zelda  2:00 Mother's Day Boutique Setup (Committee Members Only)  7:00 Village Board Meeting	<b>7</b> <b>Fitness Cancelled</b> Morning shopping at Key Food  11-4 Mother's Day Boutique  11:45 Men's Club Meeting (will be held outdoors, weather permitting)  12:30 Blood Pressure Screening*  <b>All afternoon programs cancelled</b>	<b>8</b> 10:30 Pilates with Mary  12:30 Creative Writing Class  2:15 Special Events Committee Meeting  3:00 Yoga with Dominic Hawkins*	<b>9</b> 10:30 Fun & Fit with Mary A.  <b>Last day to sign up for Supper Club</b>  11:00 Canasta Lesson  11:45 Supper Club Committee Meeting  1:00 Mahjongg & Games	<b>10</b> 10:30 Balance with Megan  <b>12:15 Mother's Day Tea</b>
<b>13</b> 10:00 Cardio with Sheila* 11:00 Yoga with Lucia*  10:30 Plants & Grounds Shopping Trip  11:45 Intergenerational Lunch (Committee Members Only)  12:45 Center Stage  1:00 Crocheting Lesson with Melanie  1:30 Art with Zelda	<b>14</b> Morning shopping at Trader Joe's  10:30 Fun & Fit with Nancy  1:00 WINS Committee Meeting  1:00 Cards & Games	<b>15</b> 10:30 Pilates with Mary  1:00 Karen Groening & George Whitson Artist Reception  2:15 Book Club  3:00 Yoga with Dominic Hawkins*	<b>16</b> 10:30 Fun & Fit with Nancy  11:00 Canasta Lesson  11:45 Senior Concerns Committee Luncheon (Committee Members only)  1:00 Mahjongg & Games	<b>17</b> 10:30 Balance with Megan  <b>12:15 Birthday Brunch</b>  <b>1:00 Horse Racing</b>
<b>20</b> 10:00 Cardio with Sheila* 11:00 Yoga with Lucia*  12:45 Center Stage  1:00 Crocheting Lesson with Melanie  1:30 Art with Zelda  2:00 SBI	<b>21</b> Morning shopping at Key Food  10:30 Fun & Fit with Nancy  11:45 Men's Club Meeting  1:00 Cards and Games  4-7 Supper Club	<b>22</b> 10:30 Pilates with Mary  12:30 Creative Writing Class  1:00 Cornell Cooperative Presentation, Nutrition for Strong Bones  3:00 Yoga with Dominic Hawkins*	<b>23</b> 10:30 Fun & Fit with Nancy  11:00 Canasta Lesson  1:00 Mahjongg and Games	<b>24</b> 10:30 Balance with Megan  <b>All afternoon programs cancelled</b>
<b>27</b> <b>Closed for Memorial Day</b>	<b>28</b> Morning shopping at Key Food  10:30 Fun & Fit with Nancy  11:00 Deer Park Tanger Outlet Trip  1:00 Cards and Games	<b>29</b> 10:30 Pilates with Mary  12:00 Jim Neitz Guest Chef  1:00 Sip and Floral with Art Flowers	<b>30</b> 10:30 Fun & Fit with Nancy  11:00 Canasta Lesson  11:45 Executive Committee Meeting	<b>31</b> <b>Fitness Cancelled</b>  <b>11:00 General Meeting</b>  <b>2:00 Sweet Charity at Molloy (Leave Sandel at 1, leave Rec Center at 1:15)</b>
* Funded by Nassau County Department of Human Services Office for the Aging & New York State Office for the Aging & Administration on Aging				