

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2021				1
3 10:00 Fitness with Sheila* 11:00 Yoga with Mary Mazzone* 11:30 “Let’s Talk” Discussion Group with Sherri on ZOOM 1:00 Meal Planners Committee Meeting <u>Afternoon Arts</u> 2:00 Art with Zelda 2:00 Knitting & Crocheting 2:00 Card Making <i>New Day & New Time</i>	4 10:00 Men’s Club Meeting with Guest Speaker Dan McCarthy 10:30 Fitness with Nancy 1:00 Brain Fitness	5 10:30 Pilates with Mary 1:00 Sherri’s Conference Call 1:00 Dr. Yuen Interview 2:00 Trip Committee Meeting	6 10:30 Fitness with Nancy 1:00 Sherri’s Conference Call	7 10:30 Fitness with Megan 12:30 Mother’s Day Tea Party \$5.00pp (\$7.00 charged day of event)
10 10:00 Fitness with Sheila* 11:00 Yoga with Mary Mazzone* 1:00 “Let’s Talk” Discussion Group with Sherri 2:00 Plants & Grounds Committee Planning Session Meeting 2:00 Afternoon Arts: Art, Knitting, Crocheting, Card Making	11 10:30 Fitness with Nancy 12:30 Blood Pressure & Health Screening* 1:00 WINS Committee Meeting 1:00 Virtual Trip to Czech Republic on ZOOM	12 10:30 Pilates with Mary 1:00 Center Stage Preview & Sing-a-long 1:00 Sherri’s Conference Call	13 10:30 Fitness with Nancy 1:00 Sherri’s Conference Call	14 10:30 Fitness with Megan 12:00 Birthday Brunch \$5.00pp (\$7.00 charged day of event)
17 10:00 Fitness with Sheila* 11:00 Yoga with Mary Mazzone* 11:30 “Let’s Talk”Discussion Group with Sherri on ZOOM 12:00 Intergenerational Committee Scholarship Lunch Meeting 2:00 Plants & Grounds Shopping & Planting 2:00 Afternoon Arts: Art, Knitting, Crocheting, Card Making	18 10:00 Men’s Club Meeting under the Gazebo 10:30 Fitness with Nancy 1:00 Brain Fitness 2:00 SPA Committee Meeting	19 10:30 Pilates with Mary 1:00 Music Therapy with Nicole Moy 1:00 Sherri’s Conference Call 2:00 Special Events Committee Meeting	20 10:30 Fitness with Nancy 1:00 Sherri’s Conference Call	21 10:00 Friendly Caller Committee Conference Call Meeting 10:30 Sit ‘n’ Dance with Claudia 12:00 Kentucky Derby Party \$5.00pp (\$7.00 charged day of event)
24 10:00 Fitness with Sheila* 11:00 Yoga with Mary Mazzone* 1:00 “Let’s Talk” Discussion Group 2:00 Afternoon Arts <u>Memorial Day</u> <u>Center Closed</u>	25 10:30 Fitness: Warm up with Nancy... TaiChi with Adam from Lynbrook Restorative Nursing & Therapy 1:00 Senior Concerns Committee Mtg 1:00 Virtual Trip to London on ZOOM 2:00 Lecture: “How to Choose a Rehabilitation Facility” No Cards & Games Today	26 10:30 Pilates with Mary 1:00 Sherri’s Conference Call 2:00 ZOOM Book Club 4:00 Supper Club Garden Event \$15.00pp	27 10:30 Sit ‘n’ Dance with Claudia 12:00 Executive Board Meeting (working lunch) 1:00 Sherri’s Conference Call	28 10:30 Fitness CANCELLED 11:00 General Meeting
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
1:00 Cards & Games if space permits 2:00 Art with Zelda 2:00 Knitting & Crocheting 2:00 Card Making	1:00 Scrabble 1:00 Cards/Poker 1:00 Dominoes 1:00 Rummikub	1:00 Cards & Games if space permits	1:00 MahJongg 1:00 Poker 1:00 Rummikub	

Events in Bold are held on ZOOM or by telephone

* Funded by Nassau County Department of Human Services Office for the Aging & New York State Office for the Aging & Administration on Aging