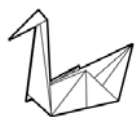


APRIL 2019 - MONTHLY SCHEDULE BY WEEK

** Represents classes where suggested donation is requested

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00 am: <ul style="list-style-type: none"> Line Dancing w/Harrison 10:00 am: <ul style="list-style-type: none"> Knitting & Crocheting Class SAIL - Fall Prevention 11:00 am: <ul style="list-style-type: none"> Exercise Class** - Advanced Men's Discussion Group Women's Discussion Group with Nurse Mindy 1:00 pm: <ul style="list-style-type: none"> Adult Coloring Exercise Class** - Beginners/Interm. Canasta 1:30 pm: <ul style="list-style-type: none"> "Empowerment" Discussion Group with Olivia </p>	<p>2 9:00 am: <ul style="list-style-type: none"> Exercise Class** Mahjong 9:30 am: <ul style="list-style-type: none"> Let's Groove in the Radio Room 9:45 am: <ul style="list-style-type: none"> Conversational Spanish w/Jo 10:00 am: <ul style="list-style-type: none"> Tai Chi with June Computers w/Ken (Dining Room) 10:30 am: <ul style="list-style-type: none"> Reminiscence Group 11:00 am: <ul style="list-style-type: none"> Canasta Looming 11:15 am: <ul style="list-style-type: none"> Line Dancing** 1:00 pm: <ul style="list-style-type: none"> Canasta Cooking with Chef Roberto: Shrimp Stuffed w/Crabmeat </p>	<p>3 9:00 am: <ul style="list-style-type: none"> Breakfast with Friends Jewelry Sale Arm Chair Yoga 10:00 am: <ul style="list-style-type: none"> Plastic Mesh Class Zumba Gold Mahjong Haircuts by Marilyn 10:30 am: <ul style="list-style-type: none"> Bingo Caregivers Support Group Mental Wellness Workshop 11:00 am: <ul style="list-style-type: none"> Chair Yoga BP Monitoring 1:00 pm: <ul style="list-style-type: none"> Body Conditioning** Adult Coloring </p>	<p>4 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Outback Trip</div> 9:00 am: <ul style="list-style-type: none"> Zumba w/Donna 9:30 am: <ul style="list-style-type: none"> Men's Health Let's Groove Tai Chi** 10:00 am: <ul style="list-style-type: none"> Computers w/Ken Jewelry Making** Mahjong 10:30 am: <ul style="list-style-type: none"> Health & Wellness Workshop 11:00 am: <ul style="list-style-type: none"> Sing Along w/Steph 11:30 am: <ul style="list-style-type: none"> Creative Writing Men's Strength & Endurance 12:00 pm: <ul style="list-style-type: none"> Wii Bowling 1:00 pm: <ul style="list-style-type: none"> Current Events 1:30 pm: <ul style="list-style-type: none"> Billiards Origami Class Film Class 2:30 pm: <ul style="list-style-type: none"> Exercise** </p>	<p>5 9:00 am: <ul style="list-style-type: none"> Exercise Class** 10:00 am: <ul style="list-style-type: none"> Quilting Class SAIL Fall Prevention Dance It Out 2** 11:00 am: <ul style="list-style-type: none"> Chair Yoga Bingo Nutrition Class 1:00 pm: <ul style="list-style-type: none"> Body Sculpting 1:30 pm: <ul style="list-style-type: none"> Painting: Art Therapy** </p>



New Class Alert!

Every Thursday starting
April 4, 2019 at 1:30pm

- **Origami Class** in the library
- **Film Class** in the Multipurpose Room



BREAKFAST WITH FRIENDS

Wednesday, April 3, 2019

Enjoy a hearty breakfast and leisurely conversation with your friends beginning at 9:00. \$2.50 contribution for breakfast only and \$4.50 breakfast and lunch. The breakfast menu will consist of:

- Spinach & Mushroom Egg Bake, or Scrambled Eggs
- Tater Tots
- Crispy Bacon
- Assorted Bagels or Kaiser Rolls
- Assorted Pastry
- Banana
- Coffee or Tea



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Line Dancing w/Harrison <p>10:00 am:</p> <ul style="list-style-type: none"> • Knitting & Crocheting Class • SAIL - Fall Prevention • Trip Committee Meeting <p>11:00 am:</p> <ul style="list-style-type: none"> • Volunteer Meeting • Exercise Class** - <i>Advanced</i> • Men's Discussion Group • Women's Discussion Group with Nurse Mindy <p>1:00 pm:</p> <ul style="list-style-type: none"> • Adult Coloring • Exercise Class** - <i>Beginners/Interm.</i> • Canasta <p>1:30 pm:</p> <ul style="list-style-type: none"> • "Empowerment" Discussion Group with <i>Olivia</i> 	<p>9</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** • Mahjong <p>9:30 am:</p> <ul style="list-style-type: none"> • <i>Let's Groove</i> in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> • Conversational Spanish w/Jo <p>10:00 am:</p> <ul style="list-style-type: none"> • Tai Chi with June • Computers w/Ken (Dining Room) <p>10:30 am:</p> <ul style="list-style-type: none"> • Reminiscence Group <p>11:00 am:</p> <ul style="list-style-type: none"> • Canasta • Looming <p>11:15 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> • Canasta • Cooking with Chef Roberto: <i>Boneless Ribeye Steak</i> 	<p>10</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Jewelry Sale • Arm Chair Yoga • <i>OATS Computer Class</i>: Explore Tech <p>10:00 am:</p> <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Bingo • <i>OATS Computer Class</i>: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring • <i>DOT Presentation</i>: Vision Zero Pedestrian Safety <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring 	<p>11</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Zumba w/Donna <p>9:30 am:</p> <ul style="list-style-type: none"> • Men's Health • <i>Let's Groove</i> in the Radio Room • Tai Chi** <p>10:00 am:</p> <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong <p>11:00 am:</p> <ul style="list-style-type: none"> • Haircuts by Marilyn <p>11:30 am:</p> <ul style="list-style-type: none"> • Sing Along w/Steph • Creative Writing • Men's Strength & Endurance <p>12:00 pm:</p> <ul style="list-style-type: none"> • Wii Bowling <p>1:00 pm:</p> <ul style="list-style-type: none"> • Current Events <p>1:30 pm:</p> <ul style="list-style-type: none"> • Billiards • Origami Class • Film Class <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>12</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** • <i>OATS Computer Class</i>: Explore Tech <p>10:00 am:</p> <ul style="list-style-type: none"> • Quilting Class • SAIL Fall Prevention • Dance It Out 2** <p>10:30 am:</p> <ul style="list-style-type: none"> • <i>OATS Computer Class</i>: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • Bingo • Nutrition Class <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Sculpting <p>1:30 pm:</p> <ul style="list-style-type: none"> • Painting: Art Therapy**



Hold the Date

City Advocacy Day
 Wednesday, May 8, 2019
 City Hall

- ✓ **Why you should attend?** To meet face-to-face with our City Council members: *Barry Grodenchik, Paul Vallone, Donovan Richards* and *I. Daneek Miller*
- ✓ To advocate for those seniors who are too frail to be with us at City Hall
- ✓ To represent SNAP
- ✓ Help to keep programs open for today and for future seniors
- ✓ **LIMITED SPACE.** Please speak with Nina or Marian to sign up.
- ✓ SNAP transportation will be provided!

OATS COMPUTER CLASSES ARE BACK! Classes begin April 4, 2019

Every Wednesday & Friday 9:00am to 12:00 noon.

- 9:00 am:**
- *OATS Computer Class*: Explore Tech
- 10:30 am:**
- *OATS Computer Class*: Beyond the Basics



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 9:00 am: <ul style="list-style-type: none"> Line Dancing w/Harrison 9:45 am: <ul style="list-style-type: none"> Advisory Board Meeting 10:00 am: <ul style="list-style-type: none"> Knitting & Crocheting Class SAIL Fall Prevention 11:00 am: <ul style="list-style-type: none"> Exercise Class** - <i>Advanced</i> Men's Discussion Group Women's Discussion Group with Nurse Mindy 1:00 pm: <ul style="list-style-type: none"> Adult Coloring Exercise Class** - <i>Beginners/Interm.</i> Canasta 1:30pm: <ul style="list-style-type: none"> "Empowerment" Discussion Group with <i>Olivia</i> 	16 9:00 am: <ul style="list-style-type: none"> Exercise Class** 9:30 am: <ul style="list-style-type: none"> <i>Let's Groove</i> in the Radio Room 9:45 am: <ul style="list-style-type: none"> Conversational Spanish w/Jo 10:00 am: <ul style="list-style-type: none"> Tai Chi w/June Computers w/Ken (Dining Room) 10:30 am: <ul style="list-style-type: none"> Reminiscence Group 11:00 am: <ul style="list-style-type: none"> Canasta Looming 11:15 am: <ul style="list-style-type: none"> Line Dancing** 1:00 pm: <ul style="list-style-type: none"> Canasta SNAP Movie Afternoon: <i>If Beale Street Could Talk</i> Cooking with Chef Roberto: <i>Babyback Ribs</i> 	17 <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> Volunteer Appreciation Celebration! </div> 9:00 am: <ul style="list-style-type: none"> <i>OATS Computer Class:</i> Explore Tech 10:00 am: <ul style="list-style-type: none"> Plastic Mesh Class Mahjong 10:30 am: <ul style="list-style-type: none"> Bingo Health & Wellness Workshop <i>OATS Computer Class:</i> Beyond the Basics 11:00 am: <ul style="list-style-type: none"> BP Monitoring <i>VNS Presentation:</i> Nutrition 1:00 pm: <ul style="list-style-type: none"> Body Conditioning** Adult Coloring 	18 <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> **HEALTH & WELLNESS OFFICE CLOSED** </div> 9:00 am: <ul style="list-style-type: none"> Zumba w/Donna 9:30 am: <ul style="list-style-type: none"> Men's Health Tai Chi** <i>Let's Groove</i> in the Radio Room 10:00 am: <ul style="list-style-type: none"> Computers w/Ken Jewelry Making** Mahjong 10:30 am: <ul style="list-style-type: none"> Open Recreation 11:00 am: <ul style="list-style-type: none"> <i>Diversity Program:</i> Passover/Easter 11:30 am: <ul style="list-style-type: none"> Creative Writing Wii Bowling Men's Strength & Endurance 1:00 pm: <ul style="list-style-type: none"> Current Events 1:30 pm: <ul style="list-style-type: none"> Billiards Origami Class Film Class 2:30 pm: <ul style="list-style-type: none"> Exercise** 	CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY



VOLUNTEER APPRECIATION CELEBRATION
 Wednesday, April 17, 2019

- **Breakfast**
- **Lunch and Dessert**
- **Karaoke Entertainment with Russell from 10:30-12noon**
- **Attendance by Invitation ONLY**

Breakfast will be held in the Multi-purpose Room along with Entertainment. If you are a volunteer and have not received an invitation please see Olivia.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
HEALTH & WELLNESS OFFICE CLOSED THIS WEEK				
9:00 am: <ul style="list-style-type: none"> Line Dancing w/Harrison 10:00 am: <ul style="list-style-type: none"> Knitting & Crocheting Class SAIL Fall Prevention 11:00 am: <ul style="list-style-type: none"> Exercise Class** - <i>Advanced</i> Men's Discussion Group Women's Discussion Group with Nurse Mindy 1:00 pm: <ul style="list-style-type: none"> Adult Coloring Exercise Class** - <i>Beginners/Interm.</i> Canasta 1:30pm: <ul style="list-style-type: none"> "Empowerment" Discussion Group with <i>Olivia</i> 	9:00 am: <ul style="list-style-type: none"> Exercise Class** 9:30 am: <ul style="list-style-type: none"> Let's Groove in the Radio Room 9:45 am: <ul style="list-style-type: none"> Conversational Spanish w/Jo 10:00 am: <ul style="list-style-type: none"> Tai Chi with June Computers w/Ken (Dining Room) 10:30 am: <ul style="list-style-type: none"> Reminiscence Group 11:00 am: <ul style="list-style-type: none"> Canasta for Beginners Looming 11:15 am: <ul style="list-style-type: none"> Line Dancing** 1:00 pm: <ul style="list-style-type: none"> Canasta Cooking with Chef Roberto: Linguine w/White Clam Sauce 	9:00 am: <ul style="list-style-type: none"> Arm Chair Yoga <ul style="list-style-type: none"> OATS Computer Class: Explore Tech 10:00 am: <ul style="list-style-type: none"> Plastic Mesh Class Zumba Gold Mahjong 10:30 am: <ul style="list-style-type: none"> Bingo <ul style="list-style-type: none"> OATS Computer Class: Beyond the Basics 11:00 am: <ul style="list-style-type: none"> Chair Yoga BP Monitoring 1:00 pm: <ul style="list-style-type: none"> Body Conditioning** Adult Coloring 	9:00 am: <ul style="list-style-type: none"> Zumba w/Donna 9:30 am: <ul style="list-style-type: none"> Men's Health Tai Chi** <ul style="list-style-type: none"> Let's Groove in the Radio Room 10:00 am: <ul style="list-style-type: none"> Computers w/Ken Jewelry Making** Mahjong 10:30 am: <ul style="list-style-type: none"> Open Recreation 11:00 am: <ul style="list-style-type: none"> Sing Along w/Steph Men's Strength & Endurance 11:30 am: <ul style="list-style-type: none"> Creative Writing Wii Bowling 1:00 pm: <ul style="list-style-type: none"> Current Events 1:30 pm: <ul style="list-style-type: none"> Billiards Origami Class Film Class 2:30 pm: <ul style="list-style-type: none"> Exercise** 	9:00 am: <ul style="list-style-type: none"> Exercise Class** <ul style="list-style-type: none"> OATS Computer Class: Explore Tech 10:00 am: <ul style="list-style-type: none"> Quilting Class SAIL Fall Prevention Dance It Out 2** 10:30 am: <ul style="list-style-type: none"> OATS Computer Class: Beyond the Basics 11:00 am: <ul style="list-style-type: none"> Chair Yoga Bingo Caregiver Program (CR 5) Nutrition Class - CANCELLED 1:00 pm: <ul style="list-style-type: none"> Body Sculpting 1:30 pm: <ul style="list-style-type: none"> Painting: Art Therapy**

April 26, 2019

HUG A FRIEND DAY



Hug your friends, and mean it! Don't just hug them because an event says to. Hug your friend when YOU want to, when it's time to give them some happiness. Go hug your friends! It's a day to take a moment and let your friends know how important they are to you.

Did you know that there are also a few health benefits associated with hugging? A study led at the University of North Carolina, found that when you are involved in a hug lasting for at least 20 seconds your body releases a "bonding" hormone called oxytocin. As this hormone increases in the blood, it has been shown to have the following positive health benefits for your body:

- Lowers your blood pressure & heart rate
- Reduces the level of stress hormones such as cortisol
- Improves your mood

Although there is not a specific recommended daily serving, if we focus on giving a person just one hug per day, we will benefit both emotionally and physically.

MONDAY	TUESDAY
29	30
*HEALTH & WELLNESS OFFICE CLOSED *	
5 de Mayo Trip!	
9:00 am: <ul style="list-style-type: none"> Line Dancing w/Harrison 10:00 am: <ul style="list-style-type: none"> Knitting & Crocheting Class SAIL Fall Prevention 11:00 am: <ul style="list-style-type: none"> Exercise Class** - <i>Advanced</i> Men's Discussion Group Women's Discussion Group with Nurse Mindy 1:00 pm: <ul style="list-style-type: none"> Adult Coloring Exercise Class** - <i>Beginners/Interm.</i> Canasta 1:30pm: <ul style="list-style-type: none"> "Empowerment" Discussion Group with <i>Olivia</i> - CANCELLED 	9:00 am: <ul style="list-style-type: none"> Exercise Class** 9:30 am: <ul style="list-style-type: none"> <i>Let's Groove</i> in the Radio Room 9:45 am: <ul style="list-style-type: none"> Conversational Spanish w/Jo 10:00 am: <ul style="list-style-type: none"> Tai Chi with June Computers w/Ken (Dining Room) 10:30 am: <ul style="list-style-type: none"> Reminiscence Group April Birthday Celebration w/DJ Gary 11:00 am: <ul style="list-style-type: none"> Canasta for Beginners Looming 11:15 am: <ul style="list-style-type: none"> Line Dancing** 1:00 pm: <ul style="list-style-type: none"> Canasta Cooking with Chef Roberto: Chickpea Stew

AMAZING Eats



www.marie-blachere.com
 550 Middle Neck Rd, Great Neck, NY 11023 ·
 (516) 487-0864

Recently, a staff member came up with the idea of having a restaurant recommendation blurb in our monthly newsletter that both our members and staff could enjoy. It just so happened that a visit to Marie Blachere inspired this thought. She loved it so much she wanted to introduce it and write our first little blurb. Can't wait to see what is recommended for next month!

*"Upon entering the newly built and opened **Marie Blachere French Bakery** in Great Neck, I noted the new industrial design and the appointed décor, which spoke to baking as the no nonsense priority. It is a comfortable space with some tables available if you want to sit and enjoy a delicious pastry. The breads look fabulous and the pastries look yummy. I tried a small strawberry tart, which was very good. The parking is easy. I highly recommend it and look forward to going back for some more taste testing. "*

Debra Schulman, Case Manager Supervisor

Thank You

Eileen Vahey!!

For your generous donation and continued support!

Services Now for Adult Persons extends a ***Special Thanks*** to you!