

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY 2015</b>			1 10:30 Meditation NEW TIME 11:00 Men's Club Picnic @ Bay Park (Men's Club members only)	2 11:00 Supper Club Meeting 12:00 SPA Committee Meeting  Wear your SPA shirt	3  <b>Center Closed</b>	4
5	6 Regular Schedule	7 10:00 Men's Club Business Meeting	8 2:00 "Happy Hour" NEW PROGRAM	9 10:00 Cardio Dance CANCELLED 10:30 Replay of "Who Moved the Cheese" video 11:00 SPA Talk with Wendy 12:30 Blood Pressure Screening & Health Assessment*  Wear your SPA shirt	10 10:00 No Core with Sam 12:00 Summer BBQ sponsored by Men's Club \$10.00pp (\$12.00 day of event)  Balance due for Lancaster Trip	11
12 10:00 Plants & Grounds 1:45 Headlines 2:30 Sandel Circle visit to Atria Lynbrook  7:00 Village Board Meeting	13	14 <u>Atlantic City Resorts Casino Trip</u> Departure Time to be Announced  10:00 Men's Club Billiards	15 11:00 Trader Joe's Shopping 12:00 Plants & Grounds Committee Luncheon (committee only)	16 11:00 Glen Miller Musical Interlude SPA Members Only  Wear your SPA shirt	17 9:30 Gazebo Stretch 10:00 Core with Sam <b>NEW</b> (replaces Zumba for summer) 12:00 Birthday Brunch \$4.00pp (\$5.00 day of event) 2:00 Senior Resources Network Presentation	18
19 5:00 Men's Club trip to LI Ducks (Men's Club members only)	20	21 10:00 Men's Club Business Meeting 11:00 Artist Reception for Rob Melillo 11:15 Leave Sandel for Lunch & Sinatra Show at Grand Pavilion	22 4:00 Sandel Supper Club Steel Band All White Party \$15.00pp	23 10:00 Senior Concerns Committee 11:30 Director's Circle (invitation only)  1:30 Bingham Family Musical Presentation Wear your SPA shirt <b>Special Encore Performance</b>	24 10:00 Core with Sam 1:00 Bingo \$4.00 @ door	25 10:00-1:00 Social Security Help for Community
26 10:00 Plants & Grounds 1:30 Cruise Presentation 1:45 Headlines	27	28 10:00 Men's Club Billiards 11:00 Tuesday Topic : The History of Long Island presented by Robert Pena 1:30 Menu Committee 2:00 "Who's on First"	29 10:00 Walk at Hempstead Lake State Park 10:30 Trip Committee  Lido Beach—Ed Ryan Show 11:45 Leave Sandel 12:00 Leave Rec  2:00 Book Club 6:00 Evening Dine Around at Pancho's Cantina	30 11:00 Food for Thought: Sugar Detox (healthy snacks & smoothies provided by Freshark) SPA Members Only  Wear your SPA shirt	31 9:30 Executive Committee Meeting 10:00 Core with Sam 11:00 Special Events/Decorating Committees Meeting 1:00 General Meeting	

**Center will be closed Monday, August 3rd**

	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
<b>Key:</b> * This Program Funded by: Nassau County Department of Senior Citizen Affairs, NYS Office for the Aging & Federal Administration on Aging	11:00 Range of Motion 11:30 NCJW at Rec Center 12:30 Mind Aerobics 1:00 Scrabble/Rummikub 1:30 Jewelry Marking Class	9:00 Aerobics 10:00 Shopping 10:00 Pilates 12:40 Yoga* 1:00 Talk It Out 1:00 Cards/Canasta 2:00 Scrabble/Rummikub	9:30 Stretch & Balance 10:30 Meditation <b>NEW TIME</b> 11:00 "The News" 1:00 Canasta & Dominos 1:00 Chair Dance* 2:00 Line Dance*	10:00 Cardio Dance 10:30 Art Class 10:30 Knitting & Crocheting 10:30 Flower Arranging 11:00 Card Making 1:00 MahJongg 1:00 Cards 1:00 Rummikub 1:30 Sing-a-long 3:45 Yoga	10:00 Core with Sam*	Updated 6/24