

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2015					<u>1</u> Intergenerational Sharing Conference 10:10 Leave Sandel 10:15 Leave Rec Center Note: Committee members please see Nancy for departure times CENTER CLOSED FOR ALL PROGRAMS	<u>2</u>
<u>3</u>	<u>4</u> 10:00 Plants & Grounds clean-up day	<u>5</u> 10:00 Men's Club Business Meeting 10:00 Seniorversity Pilates #3 11:00 Tuesday Topic: "Keeping Food Safe"	<u>6</u> Volunteer Luncheon 11:00 Leave Sandel 11:15 Leave Rec Center Center Closed for all programs	<u>7</u> 10:30 Knitting & Crocheting with Meryl 10:30 Art with Zelda 11:00 Flower Arranging 11:00 SPA Committee Meeting 3:45 Seniorversity Yoga #4	<u>8</u> 9:30 Mat Time 1:00 Bingo \$4.00 paid at door	<u>9</u>
<u>10</u>	<u>11</u> 10:00 Plants & Grounds 1:45 Headlines 2:30 Sandel Circle visit to Atria Tanglewood 7:00 Village Board Meeting	<u>12</u> 10:00 Men's Club Billiards 10:00 Seniorversity Pilates #4 11:00 Tuesday Topic: "How to Choose a Rehabilitation Center"	<u>13</u> 10:00 Walking Club at Hempstead Lake State Park (no transportation) 11:00 Homework Helpers Meeting 11:00 Seniorversity Meditation #3	<u>14</u> 10:30 Knitting & Crocheting with Meryl 10:30 Art with Zelda 11:00 Flower Arranging 12:00 Intergenerational Committee Scholarship Selection & Lunch 12:30 Blood Pressure Screening & Health Assessment* 3:45 Seniorversity Yoga #5	<u>15</u> 9:30 Mat Time 12:00 Birthday Brunch & Artist Reception for Senior Artists	<u>16</u>
<u>17</u>	<u>18</u> 10:00 Plants & Grounds trip to Lowes 12:00 "Director's Circle" Outgoing committee Chairs 1:45 Headlines	<u>19</u> 10:00 Men's Club Business Meeting 10:00 Seniorversity Pilates #5 11:00 Tuesday Topic: "A, B, C & D's Of Medicare"	<u>20</u> 11:00 Seniorversity Meditation #4 12:00 Senior Concerns Committee	<u>21</u> 10:30 Knitting & Crocheting with Meryl 10:30 Art with Zelda 11:00 Flower Arranging 11:15 Trader Joe's Shopping Advance sign-up with \$2.00 transportation fee required 3:45 Seniorversity Yoga #6	<u>22</u> 12:00 Spring Luncheon Hosted by Brian Curran	<u>23</u>
<u>24</u> <u>31</u>	<u>25</u> MEMORIAL DAY CENTER CLOSED	<u>26</u> Woodloch Pines Trip leaves Sandel 10:00 Seniorversity Pilates #6 10:00 Men's Club Billiards 11:00 Tuesday Topic "How to Choose a Homecare Agency" 1:00 "Who's on First" with Nadia (replaces Talk it Out)	<u>27</u> 10:30 Trip Committee 11:00 Seniorversity Meditation #5 2:00 Book Club 6:00 Evening Dine Around at Pompei Caterers	<u>28</u> 10:30 Knitting & Crocheting with Meryl 10:30 Art with Zelda 11:00 Flower Arranging	<u>29</u> 9:30 Executive Committee Meeting 11:00 Special Events/Decorating Committees Meeting 1:00 General Meeting Woodloch Pines Trip Returns	<u>30</u>
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
Key: * This Program Funded by: Nassau County Department of Senior Citizen Affairs, NYS Office for the Aging & Federal Administration on Aging SENIORVERSITY CLASSES ARE IN BOLD \$15 FEE APPLIES	11:00 Range of Motion 11:30 NCJW at Rec Center 12:30 Mind Aerobics 1:00 Scrabble/Rummikub 1:30 Center Stage Chorus	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 11:00 "The News" 11:00 Meditation 1:00 Canasta & Dominos 1:00 Chair Dance* 2:00 Line Dance*	10:00 Cardio Dance 10:30 Art Class 10:30 Knitting & Crocheting 11:00 Card Making 1:00 MahJongg 1:00 Cards 1:00 Rummikub 1:30 Sing-a-long 3:45 Yoga	10:00 Zumba*	Updated 4/27