



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>•SAVE THE DATE•</b>  <b>THURSDAY, SEPTEMBER 13<sup>TH</sup></b>  <b>25<sup>TH</sup> ANNIVERSARY EVENT</b>                      JEWISH EXPERIENCE                      LUNCH &amp; LEARN &amp;                      Lifelong Learning Series                      Info: (631) 462-9800 x 121 or x 134</p>	<p><u>Don't Miss Out!</u>  <b>End Of Summer Bash Lunch &amp; Dance Party / Wed, Aug 15<sup>th</sup></b>  <b>Special Film Screening: Hidden Figures / Wed, Aug 29<sup>th</sup></b>                      Info &amp; Register: Janine Mandera (Room 24) 631-462-9800 x147</p>	<p><b>1</b>                      10:00am Current Events                      11:00am Senior Shape-Up                      11:00am Games/Scrabble  <b>12:45pm Musical Sing-A-Long with Alex Alexander / Guitarist &amp; Singer</b>  <b>2:00pm The Women's Room</b></p>	<p><b>2</b>                      10:00am Laugh Till It Hertz                      11:00am Arthriticise or Exercise Tape                      12:45pm Reading Shakespeare Aloud                      12:45pm Unleash Your Creativity                      12:45pm Bingo</p>	<p><b>3</b>  <b>11:00am Silver Sneakers (Open to All)</b>  <b>12:00pm Shabbat Luncheon</b> (Preregister in Room 24 by August 1)  <b>12:45pm Musical Entertainment w/ Long Island Jazz Ensemble / Familiar Standards</b>                      12:45pm Bingo</p>
<p><b>6</b>                      10:00am Civilization &amp; the Jews with Irving Weiss or Film                      11:00am Stretch &amp; Strengthen                      12:30pm Military History Roundtable  <b>12:45pm Great American Songbook: Part IV / Richard Knox, Speaker</b></p>	<p><b>7</b>                      10:00am Let's Be Honest                      10:00am What's New With You? Paula Silver  <b>11:00am STEM Intergenerational Program</b>                      11:00am Chair Yoga w/ Diana  <b>12:45pm American History w/ Steve Rochester</b></p>	<p><b>8</b>                      10:00am Current Events                      11:00am Senior Shape-Up                      11:00am Blood Pressure Screenings                      11:00am Games/Scrabble  <b>12:45pm Improving Overall Fitness: Be Brain Fit, Muscle Fit, and Bone Fit / Metro Physical &amp; Aquatic Therapy, Presenter</b>  <b>2:00pm The Women's Room</b></p>	<p><b>9</b>                      10:00am Laugh Till It Hertz                      12:45pm Reading Shakespeare Aloud                      12:45pm Unleash Your Creativity                      12:45pm Bingo  <b>2:00pm Rosh Chodesh / Women's New Moon Circle / Elul</b></p>	<p><b>10</b>  <b>11:00am Silver Sneakers (Open to All)</b>                      12:45pm Bingo  <b>1:30pm Shop On The Way Home</b></p>
<p><b>13</b>                      10:00am Civilization &amp; the Jews with Keve Karalitzky                      11:00am Stretch&amp;Strengthen                      12:30pm Military History Roundtable  <b>12:45pm Know The 10 Warning Signs Of Dementia / Erin Bienkowski, Alzheimer's Assoc.</b></p>	<p><b>14</b>                      10:00am Let's Be Honest                      10:00am Connections With Michelle Herman                      11:00am Chair Yoga w/ Diana  <b>11:00am STEM Intergenerational Program</b>  <b>12:45pm American History w/ Steve Rochester</b></p>	<p><b>15</b>                      10:00am Current Events                      11:00am Senior Shape-Up  <b>12:00pm End Of Summer Bash Lunch &amp; Dance Party / Lunch, Party &amp; Music (\$6per person)</b>  <b>12:45pm Musical Entertainment with Chimentis / Dance Music</b>  <b>2:00pm The Women's Room</b></p>	<p><b>16</b>  <b>10:00am Bissel Yiddish / w/ Bobby &amp; Bernice</b>                      12:45pm Reading Shakespeare Aloud  <b>1:00pm Cinderella / Presented by TACSY / *Late Bus</b></p>	<p><b>17</b>  <b>11:00am Silver Sneakers (Open to All)</b>                      12:45pm Bingo  <b>1:30pm Shop On The Way Home</b></p>
<p><b>20</b>                      10:00am Civilization &amp; the Jews with Irving Weiss or Film                      11:00am Stretch &amp; Strengthen                      12:30pm Military History Roundtable  <b>12:45pm Birthday Party Celebration w/ Musical Entertainment by Steve Cassano / Vocalist Sings Your Favorite Songs</b></p>	<p><b>21</b>                      10:00am Let's Be Honest                      11:00am Chair Yoga w/ Diana  <b>11:00am STEM Intergenerational Program</b>  <b>12:45pm They're Playing Our Song, Sing-A-Long / Christine Smith</b></p>	<p><b>22</b>                      10:00am Current Events                      11:00am Senior Shape-Up                      11:00am Games/Scrabble  <b>12:45pm Musical Entertainment by Charles Henry / Vocalist Sings Contemporary Music</b>  <b>2:00pm The Women's Room</b></p>	<p><b>23</b>                      10:00am Laugh Till It Hertz                      12:45pm Reading Shakespeare Aloud                      12:45pm Unleash Your Creativity                      12:45pm Bingo</p>	<p><b>24</b>  <b>11:00am Silver Sneakers (Open to All)</b>                      12:45pm Bingo  <b>1:30pm Shop On The Way Home</b></p>
<p><b>27</b>                      10:00am Civilization &amp; the Jews with Keve Karalitzky                      11:00am Stretch &amp; Strengthen                      12:30pm Military History Roundtable  <b>12:45pm Musical Entertainment w/ Naomi Zeitlin / Vocalist with Keyboard Accompaniment</b></p>	<p><b>28</b>                      10:00am Let's Be Honest                      10:00am Arts &amp; Crafts w/ Michele Hertz                      11:00am Chair Yoga w/ Diana  <b>11:00am STEM Intergenerational Program</b>  <b>12:45pm Influential Women w/ Freddie Friedman</b></p>	<p><b>29</b>                      10:00am Current Events                      11:00am Senior Shape-Up  <b>11:45am Enjoy Lunch With A Special Film Showing After 12:30pm Special Film: Hidden Figures / * Late Bus</b>  <b>2:00pm The Women's Room</b></p>	<p><b>30</b>  <b>10:00am Building Bridges with Bernie (New) / Bernie Gershen</b>                      12:45pm Reading Shakespeare Aloud                      12:45pm Unleash Your Creativity                      12:45pm Bingo</p>	<p><b>31</b>  <b>11:00am Silver Sneakers (Open to All)</b>                      12:45pm Bingo  <b>1:30pm Shop On The Way Home</b></p>

For further information, please call Tina Block, Director of Senior Services, (631) 462-9800 x121  
 Janine Mandera, Nutrition Program, (631) 462-9800 x147  
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