



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 11:00am Silver Sneakers (Open to All) <b>12:00pm Shabbat Across America Luncheon</b> 12:45pm Musical Entertainment by Vic Vincent / Popular Dance Music 1:30pm The Women's Room
<b>4</b> 10:30am Civilization & the Jews with Keve Karalitzky or Film <b>10:00am HICAP/One-On-One Medicare Counseling (By appt. only)</b> Register in Room 24/ Counselor: Maryflorene Brennan 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm The Women of Warner Bros: The Lives & Careers of 15 Leading Ladies / Speaker: Dan Bubbeo	<b>5</b> 10:00am Let's Be Honest 10:00am What's New With You? Paula Silver 11:00am Chair Yoga w/ Diana <b>12:45pm American History w/ Steve Rochester</b>	<b>6</b> 10:00am Current Events 11:00am Sit And Fit 11:00am Games/Scrabble <b>12:45pm Musical Entertainment by Phyllis Tagg / Vocalist &amp; Pianist</b>	<b>7</b> <b>10:15am Glamour Gals: Beauty Club from Commack High School / Free Manicures &amp; Makeovers</b> Advisor: Karen Dow 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Bingo 2:00pm Rosh Chodesh / Women's New Moon Circle / Adar II	<b>8</b> <b>10:30am Mel Brooks: The Early Years Jewish Experience Lunch &amp; Learn</b> <u>Lecture</u> See separate schedule for speaker and fee information 11:00am Silver Sneakers (Open to All) 12:45pm Friendly Fridays w/ Jessica 1:30pm The Women's Room
<b>11</b> <b>10:30am Special Event Honoring Irving Weiss</b> 12:30pm Military History Roundtable <b>12:45pm Learn About Reverse Mortgages / Speaker: Gyll Sbrocchi, Reverse Mortgage Specialist, Bethpage Federal Credit Union</b> 2:00pm Eshet Chayl-Tiferet (Women of Valor-The Splendor of Israel) Photography Exhibit & Tea / Speaker: Lisa Mintz, Photographer	<b>12</b> 10:00am Let's Be Honest 10:00am Connections with Michelle Herman 11:00am Chair Yoga w/ Diana <b>12:45pm Influential Women w/ Freddie Friedman</b>	<b>13</b> 10:00am Current Events 11:00am Blood Pressure Screenings 11:00am Games/Scrabble 11:00am Sit And Fit <b>12:00pm Esther's Purim Masquerade Ball</b> <b>12:45pm Musical Entertainment by Charles Henry / Vocalist Sings Contemporary Music</b>	<b>14</b> 10:00am Laugh Till It Hertz 11:00am Changing Times w/ Alana & Jessica 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 7:00pm Benefit Concert in Memory of Shana Kay* / Performance By Suffolk Y JCC Chamber Ensemble	<b>15</b> 11:00am Silver Sneakers (Open to All) 1:30pm The Women's Room 1:30pm Shop On Your Way Home
<b>18</b> 10:00am Civilization & the Jews with Keve Karalitzky or Film 11:00am Stretch & Strengthen 12:30pm Military History Roundtable <b>12:45pm Musical Entertainment by Timothy "SAXY RIC" Richardson/ Singing and Saxophone</b>	<b>19</b> 10:00am Let's Be Honest <b>10:00am Arts &amp; Crafts w/ Michele Hertz</b> 11:00am Chair Yoga w/ Diana <b>12:45pm American History w/ Steve Rochester</b>	<b>20</b> 10:00am Current Events 11:00am Games/Scrabble 11:00am Sit And Fit <b>11:45am Enjoy Lunch With A Special Film Showing After</b> <b>12:30pm Film: Esther And The King / * Late Bus</b>	<b>21</b> <b>10:00am Esther's Megillah Reading &amp; Costume Parade / Hamentashen Tasting</b> 11:00am STEM Intergenerational Program 12:45pm Unleash Your Creativity 12:45pm Reading Shakespeare Aloud 12:45pm Sing-A-Long w/ Christine	<b>22</b> <b>10:30am Technology And the Constitution / Lifelong Learning</b> <u>Lecture</u> See separate schedule for speaker and fee information 11:00am Silver Sneakers (Open to All) 12:45pm Friendly Fridays w/ Jessica 1:30pm The Women's Room
<b>25</b> 10:00am Civilization & the Jews with Keve Karalitzky or Film <b>11:00am The Importance of Incorporating Stretching Into Your Everyday</b> Speaker: Kathleen Divone, CPT, Metro Physical Therapy 12:30pm Military History Roundtable <b>12:45pm Birthday Party Celebration</b> Musical Entertainment by Naomi Zeitlin / Vocalist with Keyboard Accompaniment	<b>26</b> 10:00am Let's Be Honest <b>10:30am A Dose of Dog Medicine: Meet LI Therapy Dogs and Learn What They Can Do For You / Speaker: Terry Gallogl, Therapy Dogs of LI</b> 11:00am Chair Yoga w/ Diana <b>12:45pm Influential Women w/ Freddie Friedman</b>	<b>27</b> 10:00am Current Events 11:00am Games/Scrabble 11:00am Sit And Fit <b>12:45pm Musical Entertainment by Moriel Chamber Players/ String Quartet Performs Classical and Standards</b>	<b>28</b> 10:00am Laugh Till It Hertz 11:00am Changing Times w/ Alana & Jessica 12:45pm Unleash Your Creativity 12:45pm Reading Shakespeare Aloud 12:45pm Bingo	<b>29</b> 11:00am Silver Sneakers (Open to All) 1:30pm The Women's Room 1:30pm Shop On Your Way Home

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