

AUGUST 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 <u>“CHRONICLING A DISAPPEARING NEW YORK CITY, ONE PAINTING AT A TIME”</u>-WITH ARTIST, HEDY PAGE</p> <p>10:30 CARDS/GAMES</p> <p>11:00 FIT AND FAB WITH LORI</p> <p>12:45 SKETCH CLASS/COLORING</p>	<p>2 10:00 <u>“THE CULTURE CLUB”</u></p> <p>10:30 CARDS/GAMES</p> <p>11:15 FIT FOR LIFE-MARIA</p> <p>1:00 LET’S PLAY BRIDGE!</p>	<p>3 10:00 <u>“AGING WELL”</u>-BRAD FRITZ</p> <p>10:30 CARDS/GAMES</p> <p>11:00 YOGA WITH MAGDA</p> <p>12:45 <u>TRIP & PROG/CTR . CNCL. MTG</u></p>	<p>4 10:00 CURRENT EVENTS -TRUDI</p> <p>10:30 CARDS/GAMES</p> <p>11:00 <u>STRETCH & STRENGTH FOR LIFE</u>-KATHLEEN REGAN</p> <p>1:00 PAINTING WITH MARSHA</p> <p>1:00 SHOPPING TO TRADER JOE’S</p>	<p>5 10:00 <u>CREATIVE WRITING</u>-WITH JERI GOLUS</p> <p>10:30 CARDS/GAMES</p> <p>11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>8 10:00 <u>“ETHICS WITH A TWIST”</u>-RABBI BENNETT HERMANN</p> <p>10:30 CARDS/GAMES</p> <p>11:00 FIT AND FAB WITH LORI</p> <p>(THERE WILL NOT BE SKETCH/COLORING CLASS TODAY!)</p>	<p>9 10:00 <u>“CURRENT EVENTS”</u> -TRUDI (*NOTE CHANGE OF DAY FOR THIS WEEK!)</p> <p>10:30 CARDS/GAMES</p> <p>11:15 FIT FOR LIFE-MARIA</p> <p>1:00 LET’S PLAY BRIDGE!</p>	<p>10 10:00 <u>“AGING WELL”</u>-BRAD FRITZ</p> <p>10:30 CARDS/GAMES</p> <p>11:00 YOGA WITH MAGDA</p> <p>3:00 “THE PRESIDENTIAL ELECTION....SO FAR!”</p> <p><u>LECTURE AND DINNER</u></p> <p>ADVANCED RESERVATIONS ONLY!!!</p>	<p>11 10:00 <u>TRIVET MAKING</u>-MICHELLE</p> <p>10:30 CARDS/GAMES</p> <p>11:00 <u>TOTAL BODY FITNESS</u> –WITH SAMANTHA</p> <p>1:00 PAINTING WITH MARSHA</p> <p>1:00 SHOPPING TO STOP & SHOP</p>	<p>12 10:00 <u>CREATIVE WRITING</u>-WITH JERI GOLUS</p> <p>10:30 CARDS/GAMES</p> <p>11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>15 10:00 <u>“ETHICS WITH A TWIST”</u>-RABBI BENNETT HERMANN</p> <p>10:30 CARDS/GAMES</p> <p>11:00 FIT AND FAB WITH LORI</p> <p>12:45 SKETCH CLASS/COLORING</p>	<p>16 10:00 <u>“THE CULTURE CLUB”</u></p> <p>10:30 CARDS/GAMES</p> <p>11:15 FIT FOR LIFE-MARIA</p> <p>1:00 LET’S PLAY BRIDGE!</p> <p><u>10:00AM-12:00PM-FARMER’S MARKET COUPON DISTRIBUTION</u></p>	<p>17 10:00 <u>“AGING WELL”</u>-BRAD FRITZ</p> <p>10:30 CARDS/GAMES</p> <p>11:00 YOGA WITH MAGDA</p>	<p>18 10:00 CURRENT EVENTS -TRUDI</p> <p>10:30 CARDS/GAMES</p> <p>11:05 <u>DANCE/MVMT.</u> WITH LISA</p> <p>1:00 PAINTING WITH MARSHA</p> <p>1:00 SHOPPING TO STOP & SHOP</p>	<p>19 10:00 <u>CREATIVE WRITING</u>-WITH JERI GOLUS</p> <p>10:30 CARDS/GAMES</p> <p>10:30 <u>HEALTH SCREENING</u></p> <p>11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE</p>
<p>22 10:00 <u>“ETHICS WITH A TWIST”</u>-RABBI BENNETT HERMANN</p> <p>10:30 CARDS/GAMES</p> <p>11:00 FIT AND FAB WITH LORI</p> <p>12:45 SKETCH CLASS/COLORING</p>	<p>23 10:00 <u>“THE CULTURE CLUB”</u></p> <p>10:30 <u>4 TYPES OF FOODS TO HELP BOOST YOUR MEMORY (HANDOUT)</u></p> <p>10:30 CARDS/GAMES</p> <p>11:15 FIT FOR LIFE-MARIA</p> <p>1:00 LET’S PLAY BRIDGE!</p>	<p>24 10:00 <u>“AGING WELL”</u>-BRAD FRITZ</p> <p>10:30 CARDS/GAMES</p> <p>11:00 YOGA WITH MAGDA</p>	<p>25 10:00 CURRENT EVENTS -TRUDI</p> <p>10:30 CARDS/GAMES</p> <p>11:05 <u>DANCE/MVMT.</u> WITH LISA</p> <p>12:00 <u>GENERAL MEMBERSHIP MEETING</u></p> <p>1:00 PAINTING WITH MARSHA</p> <p>1:00 SHOPPING TO STOP & SHOP</p>	<p>26 10:00 <u>CREATIVE WRITING</u>- WITH ELLEN PICKUS</p> <p>10:30 CARDS/GAMES</p> <p>11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE</p>
<p>29 10:00 <u>“ETHICS WITH A TWIST”</u>-</p> <p>10:30 CARDS/GAMES</p> <p>11:00 FIT AND FAB WITH LORI</p> <p>12:45 SKETCH CLASS/COLORING</p>	<p>30 10:00 <u>“THE CULTURE CLUB”</u> WITH RABBI PAUL HOFFMAN</p> <p>10:30 CARDS/GAMES</p> <p>11:15 FIT FOR LIFE-MARIA</p> <p>1:00 LET’S PLAY BRIDGE!</p>	<p>31 10:00 <u>“AGING WELL”</u>-BRAD FRITZ</p> <p>10:30 CARDS/GAMES</p> <p>11:00 YOGA WITH MAGDA</p>	<p><u>We Welcome New Members:</u></p> <p>VIVIAN HOROWITZ JOAN FISHER</p> <p>SYBIL UPBIN FRAN GERSTNER</p> <p>JOYCE MANDEL PRISCILLA BRODIE</p> <p>C LAIRE CURTIN BELLE WOLLENBERG</p>	<p><u>Save the Date!!</u></p> <p>Monday, Sept. 12th - 3:30pm</p> <p>Dance and Dine</p> <p>Advanced Reservations only!!</p> <p>Please call 432-5555 for more info.</p>

LONG BEACH SENIOR CENTER

Staff: **SPONSORED BY JASA**

Project Director, Senior Center-Mindy Leeper

Assistant Project Director, Senior Center-Bonni Goetz

Zdenka Polom, Coordinator of Transportation and Home Delivered Meals

Donna Brown, Office Manager

If you are interested in speaking with a Social Worker or would like information about caregiver support groups please call 432-0570

Daily Lunch:

- Lunch is Kosher and served daily at 12 noon.
- Reservations for lunch are required and must be made **NO LATER THAN 1:00pm** on the **business** day **BEFORE** you will be joining us for lunch. Reservations can be made by calling 432-5555.
- Suggested Voluntary Lunch Contribution is \$3.00
- For those with self-declared incomes at, or above, 185% of the federal poverty level, the suggested contribution is equal to the actual cost of the meal which is \$7.37. No person will be denied a service because of inability or unwillingness to contribute.

Other Important Information

Door to door transportation to the JASA Long Beach Senior Center is provided for registered members residing in Atlantic Beach, Long Beach, Lido and Point Lookout. Call **516-432-5555**

Medical Transportation is available for seniors living in Long Beach, Atlantic Beach, Point Lookout and Island Park. For more information and reservations please call **516-432-0570**.



Long Beach Senior Center

75 EAST WALNUT STREET

Long Beach, NY 11561 516-432-5555

Welcomes ALL persons 60 years young & over!!

Open Daily Monday thru Friday

- EXTRAORDINARY PEOPLE
- LUNCH CAFÉ
- LECTURES
- ENTERTAINMENT
- ART CLASSES
- EXERCISE
- MUSICAL PERFORMANCES....and SO MUCH MORE!!!!

Funded by: This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging, through the NYSOFA, and the U.S. Administration on Aging. JASA is a member agency of UJA-Federation of New York. The Cultural Arts programs are made possible by a NYS Legislative Grant from Todd Kaminsky. Additional funding provided by the Slo-mo and Cindy Silvan Foundation.