

ACTIVITIES SCHEDULE

June 14, 2018

FULL DAY ACTIVITIES

11:00 a.m. - 7:00 p.m.

Outdoor Area by Reflecting Pool: - Alcoholics Anonymous/Narcotics Anonymous, Alzheimer's Association, blood pressure screenings, BMR (*body mass ratio*), chiropractic services, essential oils demonstration, giveaways, horseshoes, Kam Jan (*Frisbee type game*), kickboxing information, massage services, neck wraps (*while supplies last*), tarot card reader, The Center of Excellence for Alzheimer's Disease

Outside Executive office: Outside Executive Office: Aflac, CUNY, EAP, Enterprise, Nassau County Police Department information, National Student Loan Service Center, NEFCU, Plum Benefits, T-Mobile, Verizon Fios, Winthrop trauma education

Parking lot by gas tank: Vision Van - last exam at 6 p.m. (available to all AHRC and Citizens vision plan participants)

SPECIFIC TIME ACTIVITIES, ENTERTAINMENT AND GAMES

Room 109

Fast Food Nation/Supersize Me video - 11:00 a.m.

Alzheimer's Association presentation - 11:30 am-12 noon; 4:00-4:30 p.m.; 5:30-6:00 p.m.

Nassau County Police Department presentation

- Safe Driving and Narcan - 12:00-12:30 p.m.; 3:30-4:00 p.m.; 6:30-7:00 p.m.

Center of Excellence for Alzheimer's Disease Presentation - 1:00-1:30 p,m,

AA/NA Discussion - 2:00-2:30p.m.; 4:30-5:00 p.m.; 6:00-6:30 p.m.

Outside - South Patio (by reflecting pool)

Reiki - 11:00 a.m.-5:00 p.m.

Kickboxing Demonstration - 11:30 a.m.-12:00 p.m.; 4:00-4:30 p.m.; 6:00-6:30 p.m.

Yoga - 12:30-1:00 p.m.; 2:30-3:00 p.m.; 5:00-5:30 p.m.

Guided meditation - 1:00-1:10 p.m.; 3:00-3:10 p.m.; 5:30-5:40 p.m.

Henna Artists - 1:00-5:00 p.m.

Zumba - 1:30-2:00 p.m.

Zumba Information Session - 2:00-3:00 p.m.

Outside - North Patio (by Room 109)

Calypso music - 11:00 a.m.-12 noon

Volleyball - 11:30 a.m.; 2:30 p.m.; 4:00 p.m.; 5:00 p.m.

African Drummers and Dancers - 12 noon-1:00 p.m.

Badminton - 12:30 p.m.; 3:00 p.m.; 6:00 p.m.

Electric Dues (rock cover band) - 1:00-2:30 p.m.

Interactive line dancing - 2:30-3:00 p.m.

Reggae band - 3:00-5:00 p.m.

Bhangra and Bollywood Dancers - 5:00-5:30 p.m.

Sweet Adelines Chorus - 5:30-6:30 p.m.

Ballroom

Life Experience Bingo - 11:00 a.m.; 1:30 p.m.; 4:00 p.m.

Candy Ball - 11:30 a.m.; 2:30 p.m.; 6:30 p.m.

Family Feud - 12 noon; 3:00 p.m.; 5:00 p.m.

Name that Tune - 1:00 p.m.; 3:30 p.m.; 6:00 p.m.

Outside Executive Office

Long Island Housing Partnership - 11:30-1:30 p.m.

FOOD

Dining Room: ALL DAY

Sandwiches, wings, fried chicken, fruit, Jamaican patties, mini-burritos, mac and cheese, drinks

Lower Parking Lot

Empanadas, bar-b-que and sides, Mister Softee - 12:00-7:00 p.m









