



TOWN OF NORTH HEMPSTEAD
 SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND
 THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

Fridays at Yes We Can - Fall 2021

Exercise for Balance and Strength



Presented by NYU Langone Health

9:30 a.m. - 10:30 a.m.

September 24

October 1, 8, 15, 22, 29

November 5, 12, 19

December 3, 10, 17

What in the World is Going On?



Current and world events discussion group

Moderated by Dr. Armin Rosenblatt

11 a.m.- 12 p.m.

September 24

October 1, 8, 15, 22, 29

November 5, 12, 19

December 3, 10, 17

Color Me Calm



Facilitator: Gia Montelbano
 TONH Dept. of Services for the Aging

12:30 p.m. - 1:30 p.m.

September 24

October 1, 8, 15, 22, 29

November 5, 12, 19

December 3, 10, 17

REGISTRATION REQUIRED FOR ALL ACTIVITIES.

Attendees must wear masks when not eating or drinking.

CALL 311 OR (516) 869-6311
 NORTHHEMPSTEADNY.GOV

