

June 2019 Activities

Nassau County Office for the Aging

Location North Merrick Senior Community Center,1260 Meadowbrook Rd.(516) 571-8675

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch 12:30 Shoprite/ Walmart 12:45 Line Dancing with Linda</p> 	<p>4</p> <p><i>TRIP TO THE MOVIES</i></p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 11:00 TRIP TO BELLMORE MOVIE THEATER "COCOON" 12:00 Lunch 12:30 Balancing with Lisa</p>	<p>5</p> <p>SHOPPING TRIP</p> <p>10:00 Social Hour, Cards & Games 11:00 TRADER JOE'S 12:00 Lunch 10:30 Fitness Fun with Victoria</p> <p>TRADER JOE'S</p>	<p>6</p> <p>10:00 Social Hour, Cards & Games 11:00 Make Better Beverage Choices – Cornell Cooperative 12:00 Lunch 1:00 Exercise with Darryl</p> 	<p>7</p> <p>10:00 Social Hour, Cards & Games 10:30 Quilting with Victoria 12:00 Lunch 12:30 Make Your Own Sundae! 12:45 Nail Polishing 1:00 Zumba with Marilyn</p> <p>CHOCOLATE ICE CREAM DAY</p>
<p>10</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch 12:30 Shoprite/ Walmart 12:45 Line Dancing with Linda</p> 	<p>11</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch 12:30 Balancing with Lisa</p> 	<p>12</p> <p>SHOPPING TRIP</p> <p>10:00 Social Hour, Cards & Games 11:00 DOLLAR STORE 12:00 Lunch 12:30 MOVIE & POPCORN "That Old Feeling" – Bette Midler</p>	<p>13</p> <p>10:00 Social Hour, Cards & Games 11:00 "SENIOR I.D.'S" TOWN OF HEMPSTEAD 12:00 Lunch 1:00 Exercise with Darryl</p> 	<p>14</p> <p>FLAG DAY</p> <p>10:00 Social Hour, Cards & Games 10:30 Shopping to Gala Foods 10:30 Quilting with Victoria 12:00 Lunch 1:00 Zumba with Marilyn</p> 
<p>17</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch 12:30 Shoprite/ Walmart 12:45 Line Dancing with Linda</p> 	<p>18</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch 12:30 Balancing with Lisa</p> 	<p>19</p> <p>10:00 Social Hour, Cards & Games 11:00 BINGO 12:00 Lunch 10:30 Fitness Fun with Victoria</p> 	<p>20</p> <p>10:00 Social Hour, Cards & Games 11:00 TLC Day Care Children craft with the Seniors 12:00 Lunch 1:00 Exercise with Darryl</p> 	<p>21</p> <p>10:00 Social Hour, Cards & Games 11:00 SUMMER CELEBRATION COCKTAIL PARTY 10:30 Quilting with Victoria 12:00 Lunch 1:00 Zumba with Marilyn</p>
<p>24</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch 12:30 Shoprite/ Walmart 12:45 Line Dancing with Linda</p> 	<p>25</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch 12:30 Balancing with Lisa</p> 	<p>26</p> <p>10:00 Social Hour, Cards & Games 10:00 LIDO BEACH FIRST DAY 12:00 Lunch</p> 	<p>27</p> <p>10:00 Social Hour, Cards & Games 11:00 TLC Day Care Children craft with the Seniors 12:00 Lunch 1:00 Exercise with Darryl</p> 	<p>28</p> <p>SHOPPING TRIP</p> <p>10:00 Social Hour, Cards & Games 10:00-12:00 Health Assessment 10:30 Quilting with Victoria 12:00 Lunch 12:30 Trip to Pat's Farms 1:00 Zumba with Marilyn</p>
			<p>COME JOIN US ON JUNE 21 FOR OUR BEGINNING OF SUMMER COCKTAIL PARTY CELEBRATION</p> 	

