

December 2021 Activities

Nassau County Office for the Aging

Location: North Merrick Senior Center, 1260 Meadowbrook Rd., North Merrick NY 11566 (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
The Center will be open every day. Reservations must be made, or you will not be able to attend.		NUTRITION DISTRIBUTION ¹ 10:00 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch & Announcements 12:45 Exercise with Dominic 2:00 Bus leaves	² 10:00 Social Hour Cards & Games 11:00 Tai Chi with Joseph 12:00 Lunch & Announcements 12:45 Exercise with Samantha 2:00 Bus leaves	³ 10:00 Social Hour Cards & Games 11:00 Yoga with Anne Tedesco 12:00 Lunch & Announcements 12:45 Zumba with Andrea Wool 2:00 Bus leaves
⁶ 10:00 Social Hour, Cards & Games 11:00 Tai Chi with Pat Gioia 12:00 Lunch & Announcements 12:45 Exercise with Victoria 2:00 Bus leaves	⁷ 10:00 Social Hour Cards & Games 11:00 "Comfort Food Makeover" Cornell Cooperative Extension 12:00 Lunch & Announcements 12:30 Chorus with Frank 2:00 Bus leaves 5 pm – Evening Program Dinner & Entertainment by John Weber	⁸ 10:00 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch & Announcements 12:45 Exercise with Dominic 2:00 Bus leaves	⁹ 10:00 Social Hour Cards & Games 11:00 Tai Chi with Joseph 12:00 Lunch & Announcements 12:45 Exercise with Samantha 2:00 Bus leaves	¹⁰ 10:00 Social Hour Cards & Games 11:00 Yoga with Anne Tedesco 12:00 Lunch & Announcements 12:45 Zumba with Andrea Wool 2:00 Bus leaves
¹³ 10:00 Social Hour, Cards & Games 11:00 Tai Chi with Pat Gioia 12:00 Lunch & Announcements 12:45 Exercise with Victoria 2:00 Bus leaves	¹⁴ 10:00 Social Hour Cards & Games 10:15 Exercise with Cindi 11:00 Shopping – Shop Rite 12:00 Lunch & Announcements 12:30 Chorus with Frank 2:00 Bus leaves	¹⁵ 10:00 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch & Announcements 12:45 Exercise with Dominic 2:00 Bus leaves	¹⁶ 10:00 Social Hour Cards & Games 11:00 Tai Chi with Joseph 12:00 Lunch & Announcements 12:45 Exercise with Samantha 2:00 Bus leaves	¹⁷ 10:00 Social Hour Cards & Games 11:00 Yoga with Anne Tedesco 12:00 Lunch & Announcements 12:00 HOLIDAY CELEBRATION 2:00 Bus leaves
²⁰ 10:00 Social Hour, Cards & Games 11:00 Tai Chi with Pat Gioia 12:00 Lunch & Announcements 12:45 Exercise with Victoria 2:00 Bus leaves	²¹ 10:00 Social Hour Cards & Games 10:15 Exercise with Cindi 12:00 Lunch & Announcements 12:30 Shopping – Shop Rite 2:00 Bus leaves	²² 10:00 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch & Announcements 12:45 Exercise with Dominic 2:00 Bus leaves	²³ CENTER CLOSED 	²⁴ CENTER CLOSED 
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