

March 2022

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

Nassau County Office for the Aging

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 |
|---|--|---|---|---|
| | 9:30 Social Hour Cards & Games 10:15 Exercise with Cindi 11:00 Shopping – Shop Rite 12:00 Lunch 12:30 Chorus with Frank 1:45-2:00 Announcements | NUTRITION DISTRIBUTION 9:30 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch 12:45 Exercise with Dominic 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Samantha 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Exercise with Samantha 12:00 Lunch 12:45 Zumba with Andrea Wool 1:45-2:00 Announcements |
| 9:30 Social Hour, Cards & Games 11:00 Tai Chi with Pat Gioia 12:00 Lunch 12:45 Exercise with Victoria 1:45-2:00 Announcements | 9:30 Social Hour Cards & Game 11:00 “Read it Before You Eat It” Cornell Cooperative Extension 12:00 Lunch 12:30 Chorus with Frank 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch 12:45 Exercise with Dominic 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Samantha 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Exercise with Samantha 12:00 Lunch 12:45 Zumba with Andrea Wool 1:45-2:00 Announcements |
| 9:30 Social Hour, Cards & Games 11:00 Tai Chi with Pat Gioia 12:00 Lunch 12:45 Exercise with Victoria 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 10:15 Exercise with Cindi 11:00 Shopping – Shop Rite 12:00 Lunch 12:30 Chorus with Frank 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch 12:45 Exercise with Dominic 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Samantha 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Exercise with Samantha 12:00 Lunch 12:45 Zumba with Andrea Wool 1:45-2:00 Announcements |
| 9:30 Social Hour, Cards & Games 11:00 Tai Chi with Pat Gioia 12:00 Lunch 12:45 Exercise with Victoria 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 10:15 Exercise with Cindi 11:00 Shopping – Shop Rite 12:00 Lunch 12:30 Chorus with Frank 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch 12:45 Exercise with Dominic 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Samantha 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Exercise with Samantha 12:00 Lunch 12:45 Bingo 1:45- 2:00 Announcements |
| 9:30 Social Hour, Cards & Games 11:00 Tai Chi with Pat Gioia 12:00 Lunch 12:45 Exercise with Victoria 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 10:15 Exercise with Cindi 11:00 Shopping – Shop Rite 12:00 Lunch 12:30 Chorus with Frank 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Zumba with Andrea Wool 12:00 Lunch 12:45 Exercise with Dominic 1:45-2:00 Announcements | 9:30 Social Hour Cards & Games 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Samantha 1:45-2:00 Announcements | The Center will be open every day. Reservations are required in advance for all center activities, meals, transportation and exercise classes – all activities. |