





**May 2022**

**North Merrick Senior Community Service Center  
1260 Meadowbrook Road, North Merrick, NY 11566  
(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
2	3	4	5	6
9:30 Social Hour, Cards & Games <b>11:00 "Food Storage Tips"</b> <b>Cornell Cooperative Extension</b> 12: Lunch <b>12:45 Exercise with Victoria</b> 1:45- 2:00 Announcements.	9:30 Social Hour Cards & Games 10:30 Bingo 12:00 Lunch <b>12:30 Chorus with Frank</b> 1:30-2:00 Announcements	9:30 Social Hour Cards & Games <b>11:00 Zumba with Andrea Wool</b> 12:00 Lunch <b>12:45 Exercise with Dominic</b> 1:45-2:00 Announcements	9:30 Social Hour Cards & Games <b>11:00 Tai Chi with Joseph</b> 12:00 Lunch <b>12:45 Exercise with Samantha</b> 1:45-2:00 Announcements	9:30 Social Hour Cards & Games 11:00 Yoga with Ann Tedesco 12:00 Lunch <b>12:45 Zumba with Andrea Wool</b> 1:30-2:00 Announcements 6
9	10	11	12	13
9:30 Social Hour, Cards & Games <b>11:00 Tai Chi with Pat Gioia</b> 12:00 Lunch <b>12:45 Exercise with Victoria</b> 1:45-2:00 Announcements	9:30 Social Hour Cards & Games <b>10:15 Exercise with Cindi</b> 12:00 Lunch <b>12:30 Chorus with Frank</b> 1:30-2:00 Announcements	9:30 Social Hour Cards & Games <b>11:00 Zumba with Andrea Wool</b> 12:00 Lunch <b>12:45 Exercise with Dominic</b> 1:45-2:00 Announcements	9:30 Social Hour Cards & Games <b>11:00 Tai Chi with Joseph</b> 12:00 Lunch <b>12:45 Exercise with Samantha</b> 1:45-2:00 Announcements	9:30 Social Hour Cards & Games 11:00 Yoga with Ann Tedesco 12:00 Lunch <b>12:45 Zumba with Andrea Wool</b> 1:45-2:00 Announcements
16	17	18	19	20
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30	31			
 <b>CENTER CLOSED</b>	9:30 Social Hour Cards & Games <b>10:15 Exercise with Cindi</b> 10:00 Shopping – Shop Rite 12:00 Lunch <b>12:30 Chorus with Frank</b> 1:30-2:00 Announcements			The Center will be open every day. Reservation must be made, or you will not be able to attend