



Monday



Tuesday

Wednesday

Thursday

Friday

<p><b>Happy Birthday!!!</b>  <b>To everyone who celebrates their birthday in November</b></p>	<p>1</p> <p>9:30 Social hour  10:00 -1:00 Cards  10:00-1:45 Intergenerational  10:15 Exercise with Cindi  12:00 Lunch  12:30 Chorus with Frank  1:15 Trivia Competition  1:45 Announcement  2:00 Bus leaves the center</p>	<p>2</p> <p>9:30 Social hour  10:30-12:00 Billiard  10:45 Zumba with Andrea  12:00 Lunch  12:45 Exercise with Nick  1:45 Announcement  2:00 Bus leaves the center</p>	<p>3</p> <p>9:30 Social hour  10:00-1:45 Intergenerational  11:00 Tai Chi with Joseph  12:00 Lunch  12:45 Exercise with Lloyd  1:45 Announcements  2:00 Bus leaves the center</p>	<p>4</p> <p><b>National Candy Day</b>  9:30 Social hour  10:00-12:00 Billiards  10:30-12:00 Quilting class with Victoria  11:00 Yoga with Ann Tedesco  12:00 Lunch  12:30 Shopping  12:45 Zumba with Andrea  1:45 Announcements  2:00 Bus leaves the center</p>
<p>7</p> <p>9:30 Social time  10:00-1:00 Cards  10:30-3:00 Mah Jongg  11:30 Trip to "5 De Mayo" Restaurant.  12:00 Lunch at the restaurant  12:45 Fitness Fun with Victoria  1:45 Announcements  2:00 Bus leaves the center</p>	<p>8</p> <p>  <b>Center closed</b></p>	<p>9</p> <p>9:30 Social hour  10:30-12:00 Billiard  10:45 Zumba with Andrea  12:00 Lunch  12:45 Exercise with Nick  1:45 Announcement  2:00 Bus leaves the center</p>	<p>10</p> <p>9:30 Social hour  10:00-1:45 Intergenerational  11:00 Tai Chi with Joseph  12:00 Lunch  12:45 Exercise with Lloyd  1:45 Announcements  2:00 Bus leaves the center</p>	<p>11</p> <p>  <b>Center Closed</b></p>
<p>14</p> <p>9:30 Social time  10:00-1:00 Cards  10:30-3:00 Mah Jongg  11:00 Let's have a fun and play "Turkey Trot" Game.  12:00 Lunch  12:45 Fitness Fun with Victoria.  1:45 Announcements  2:00 Bus leaves the center</p>	<p>15</p> <p>9:30 Social hour  10:00 -1:00 Cards  10:00-1:45 Intergenerational  10:15 Exercise with Cindi  11:45 Announcement  12:00 Lunch  12:30 Chorus with Frank  1:15 Bingo  2:00 Bus leaves the center</p>	<p>16</p> <p>9:30 Social hour  10:30-12:00 Billiard  10:45 Zumba with Andrea  12:00 Lunch  12:45 Exercise with Nick  1:45 Announcement  2:00 Bus leaves the center</p>	<p>17</p> <p>9:30 Social hour  10:00-1:45 Intergenerational  11:00 Fun Games/Bingo with Denise from Lynbrook  Restorative Therapy  12:00 Lunch  12:45 Exercise with Lloyd  1:45 Announcements  2:00 Bus leaves the center</p>	<p>18</p> <p>9:30 Social hour  10:00-12:00 Billiards  10:30-12:00 Quilting class with Victoria  11:00 Yoga with Ann Tedesco  12:00 Lunch  12:30 Shopping  12:45 Zumba with Andrea  1:45 Announcements  2:00 Bus leaves the center</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<div>21</div> <p>9:30 Social time 10:00-1:00 Cards 10:30-3:00 Mah Jongg 10:30 Site council meeting 11:00 Cornell Cooperative "What can I eat" <b>12:00 Lunch /Thanksgiving Celebration</b> 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center</p>	<div>22</div> <p>9:30 Social hour 10:00 -1:00 Cards <b>10:00-1:45 Intergenerational</b> 10:15 Exercise with Cindi 11:45 Announcement <b>12:00 Lunch</b> 12:30 Chorus with Frank 1:15 Tai Chi with Joseph 2:15 Bus leaves the center</p>	<div>23</div> <p>9:30 Social hour 10:30-12:00 Billiard 10:45 Zumba with Andrea <b>12:00 Lunch</b> 12:45 Exercise with Nick 1:45 Announcement 2:00 Bus leaves the center</p>	<div>24</div> 	<div>25</div> 
<div>28</div> <p>9:30 Social time 10:00-1:00 Cards 10:30-3:00 Mah Jongg 10:30 Arts and Crafts <b>12:00 Lunch</b> 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center</p>	<div>29</div> <p>9:30 Social hour 10:00 -1:00 Cards <b>10:00-12:00 Health Assessment</b> <b>10:00-1:45 Intergenerational</b> 10:15 Exercise with Cindi <b>12:00 Lunch</b> 12:30 Chorus with Frank <b>1:15 Birthday Celebration</b> 1:45 Announcement 2:00 Bus leaves the center</p>	<div>30</div> <p>9:30 Social hour 10:30-12:00 Billiard 10:45 Zumba with Andrea <b>12:00 Lunch</b> 12:45 Exercise with Nick 1:45 Announcement 2:00 Bus leaves the center</p>	<p><b>We thank, we share, we celebrate that's what Thanksgiving is.</b> <b>May thanksgiving and the rest of the year remind us to be grateful for what we have.</b>  <b>Happy Thanksgiving!!!</b></p>	<p><b>You are invited!!!</b> <b>As we gather to give thanks this year, we invite you to share in the holiday cheer!</b> <b>Please join us for Thanksgiving lunch</b> <b>November 21 at 12pm at North Merrick SC</b></p>



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30 -4:00

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1Each way

Exercise suggested contribution: \$2.00

Site Council Meeting: 11/21/2022

November Birthdays Celebration:11/29/2022

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.