

2:00 Bus leaves the center

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

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21	22	23	24	25
9:30 Social time	9:30 Social hour	9:30 Social hour		
10:00-1:00 Cards	10:00 -1:00 Cards	10:30-12:00 Billiard		
10:30-3:00 Mah Jongg	10:00-1:45 Intergenerational	10:45 Zumba with Andrea	- /	~
10:30 Site council meeting	10:15 Exercise with Cindi	12:00 Lunch	Hanny	
11:00 Cornell Cooperative	11:45 Announcement	12:45 Exercise with Nick	o luppy	
"What can I eat"	12:00 Lunch	1:45 Announcement	Thanksquing	Was all
12:00 Lunch /Thanksgiving	12:30 Chorus with Frank	2:00 Bus leaves the center	0	
Celebration		2.00 bus leaves the center		
12:45 Fitness Fun with Victoria	1:15 Tai Chi with Joseph			
1:45 Announcements	2:15 Bus leaves the center			A TOTAL STATE OF THE STATE OF T
2:00 Bus leaves the center				
9:30 Social time 28	29	30	We thank, we share, we	You are invited!!!
10:00-1:00 Cards	9:30 Social hour	9:30 Social hour	celebrate that's what	As we gather to give thanks
10:30-3:00 Mah Jongg	10:00 -1:00 Cards	10:30-12:00 Billiard	Thanksgiving is.	this year, we invite you to
10:30 Arts and Crafts	10:00-12:00 Health Assessment	10:45 Zumba with Andrea	May thanksgiving and the rest	share in the holiday cheer!
12:00 Lunch	10:00-1:45 Intergenerational	12:00 Lunch	of the year remind us to be	Please join us for
12:45 Fitness Fun with	10:15 Exercise with Cindi	12:45 Exercise with Nick	grateful for what we have.	Thanksgiving lunch
Victoria	12:00 Lunch	1:45 Announcement		November 21 at 12pm at
1:45 Announcements	12:30 Chorus with Frank	2:00 Bus leaves the center	Happy Thanksgiving!!!	North Merrick SC
2:00 Bus leaves the center	1:15 Birthday Celebration 1:45 Announcement			
	2:00 Bus leaves the center			

Wednesday



Monday

Tuesday

Hours of Operation: 8:30 -4:00

Thursday

Friday

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.