



November 2023
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

<p>Save the date! November 20</p> <p>Thanksgiving Celebration!!!</p>	<p>November is</p> 	<p>1</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Sandra 1:45 Announcements 2:00 Bus leaves the center</p>	<p>2</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 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>3</p> <p>9:30 Social hour/coffee time 10:30-12:00 Quilting class With Victoria 10:00-12:00 Billiards/Cards 11:00 Yoga with Ann Tedesco 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center.</p>
<p>6</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30-3:30 Mah- Jong 10:30 Inter-Generational group 11:00 Everything about Medicare by Seniors Services Of America- Part 2 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center</p>	<p>7</p> <p>Center closed for Election Day</p> 	<p>8</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30 Site Council Meeting 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Sandra 1:45 Announcements 2:00 Bus leaves the center</p>	<p>9</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 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>10</p> <p>Center Closed</p> 
<p>13</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30-3:30 Mah- Jong 10:30 Inter-Generational group 11:00-12:00 Bingo w Denise from Lynbrook Restorative Therapy and Nursing 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center</p>	<p>14</p> <p>9:30 Social hour/coffee 10:00-12:00 Billiards/Cards 10:00 Wise Workout with Cindi 11:00 Nutrition Education by Cornell "MIND Diet" 11:00 Inter-Generational group 12:00 Lunch 12:45-1:30 Chorus with Frank 1:30-2:00 Cards and games 1:45 Announcements 2:00 Bus leaves the center.</p>	<p>15</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Sandra 1:45 Announcements 2:00 Bus leaves the center</p>	<p>16</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 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>17</p> <p>Birthday Celebration</p> <p>9:30 Social hour/coffee time 10:30-12:00 Quilting class With Victoria 10:00-12:00 Billiards/Cards 11:00 Yoga with Ann Tedesco 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>Thanksgiving Celebration</p> <p>9:30 Social hour/coffee time</p> <p>10:00-12:00 Billiards/Cards</p> <p>10:30-3:30 Mah- Jong</p> <p>10:30 Inter-Generational group</p> <p>11:00 Fitness fun with Victoria</p> <p>12:00 Lunch</p> <p>12:45 Thanksgiving Celebration with music by Curtis.</p> <p>2:00 Bus leaves the center</p>	<p>21</p> <p>National Gingerbread Cookie Day</p> <p>9:30 Social hour/coffee</p> <p>10:00-12:00 Billiards/Cards</p> <p>10:30-11:30 Wise Workout with Cindi</p> <p>11:00 Inter-Generational group</p> <p>12:00 Lunch</p> <p>12:45-1:30 Chorus with Frank</p> <p>1:30-2:00 Cards and games</p> <p>1:45 Announcements</p> <p>2:00 Bus leaves the center.</p>	<p>22</p> <p>9:30 Social hour/coffee time</p> <p>10:00-12:00 Billiards/Cards</p> <p>10:45 Zumba with Andrea</p> <p>12:00 Lunch</p> <p>12:45 Exercise with Sandra</p> <p>1:45 Announcements</p> <p>2:00 Bus leaves the center</p>	<p>Center Closed 23</p> 	<p>Center Closed 24</p> 
<p>27</p> <p>9:30 Social hour/coffee time</p> <p>10:00-12:00 Billiards/Cards</p> <p>10:30-3:30 Mah- Jong</p> <p>10:30 Inter-Generational group</p> <p>11:00 Everything about Medicare by Gail</p> <p>12:00 Lunch</p> <p>12:45 Fitness Fun with Victoria</p> <p>1:45 Announcements</p> <p>2:00 Bus leaves the center</p>	<p>28</p> <p>9:30 Social hour/coffee</p> <p>10:00-12:00 Billiards/Cards</p> <p>10:00-12:00 Health Assessment</p> <p>10:30-11:30 Wise Workout with Cindi</p> <p>11:00 Inter-Generational group</p> <p>12:00 Lunch</p> <p>12:45-1:30 Chorus with Frank</p> <p>1:30-2:00 Cards and games</p> <p>1:45 Announcements</p> <p>2:00 Bus leaves the center</p>	<p>29</p> <p>9:30 Social hour/coffee time</p> <p>10:00-12:00 Billiards/Cards</p> <p>10:45 Zumba with Andrea</p> <p>12:00 Lunch</p> <p>12:45 Exercise with Sandra</p> <p>1:45 Announcements</p> <p>2:00 Bus leaves the center</p>	<p>30</p> <p>9:30 Social hour/coffee time</p> <p>10:00-12:00 Billiards/Cards</p> <p>11:00 Tai Chi with Joseph</p> <p>12:00 Lunch</p> <p>12:45 Exercise with Lloyd</p> <p>1:45 Announcements</p> <p>2:00 Bus leaves the center</p>	<p>Happy Birthday to everybody Who celebrates birthday in November!!!</p> 



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30-4:00

Meals suggested contribution: \$3.00.

Transportation suggested contribution: \$ 1 each way.

Exercise suggested contribution: \$ 2:00

Site Council Meeting:11/08/23

Birthdays Celebration: 11/17/23

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