

April 2024

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>April Fool's Day 1</p> <p>9:30 Social hour /coffee time 10:00-12:00 Billiards/Cards 11:00 Puzzle competition 11:00 Volunteers from Service Project. 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 announcements 2:00 Bus leaves the center.</p> 	<p>2</p> <p>9:30 Social hour/coffee 10:00-12:00 Billiards/Cards 10:00 Wise Workout with Cindi 11:00 Nutrition Education "Food Hero for Adults-Focus on Added Sugar" 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>St Francis Hospital Outreach Bus 3</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:45 Zumba with Andrea 11:00 Inter-Generational group 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcements 2:00 Bus leaves the center.</p> 	<p>4</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 11:00 Inter-Generational group 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>5</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30-12:00 Quilting class w/ Victoria 10:30-12:00 Arts and crafts w/ Christine 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center.</p>
<p>8</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 11:00 Fitness Fun with Victoria 12:00 Lunch 12: 45 Game time: "Left Center Right" 1:45 Announcements 2:00 Bus leaves the center.</p> 	<p>9</p> <p>9:30 Social hour/coffee 10:00-12:00 Billiards/Cards 10:30 Wise Workout with Cindi 11:00 Inter-Generational group 12:00 Lunch 12:45-1:30 Chorus with Frank 1:30 Council meeting 1:30-2:00 Cards and games 1:45 Announcements 2:00 Bus leaves the center.</p>	<p>10</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:45 Zumba with Andrea 11:00 Inter-Generational group 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcements 2:00 Bus leaves the center</p>	<p>11</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 11:00 Inter-Generational group 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>12</p> <p>BEAT IT DOWN 9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30-12:00 Quilting class w/ Victoria 10:30-12:00 Arts and crafts w/ Christine 12:00 Lunch 12:30 Zumba with Andrea 1:00 " Stress Relief" party sponsored by site Council Committee 2:00 Bus leaves the center.</p>
<p>15</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30 to 12:00 Puzzle competition 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center.</p>	<p>16</p> <p>9:30 Social hour/coffee 10:00-12:00 Billiards/Cards 10:00 Wise Workout with Cindi 11:00-12:00 "Name that Tune" sponsored by Aetna. 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>17</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:45 Zumba with Andrea 11:00 Inter-Generational group 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcements 2:00 Bus leaves the center</p>	<p>National Animal Crackers 18 Day 9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 11:00 Inter-Generational group 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>19</p> <p>Birthday Celebration 9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30-12:00 Quilting class w/ Victoria 10:30-12:00 Arts and crafts w/ Christine 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<div>22</div>  <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 11:00 Bingo with Denise from Lynbrook Rehabilitation Center 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center.</p>	<div>23</div> <p>9:30 Social hour/coffee 10:00-12:00 Billiards/Cards 10:30 Wise Workout with Cindi 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>	<div>24</div> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:45 Zumba with Andrea 11:00 Inter-Generational group 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcements 2:00 Bus leaves the center</p>	<div>25</div> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 11:00 Inter-Generational group 11:00 Tai Chi with Joseph 12:00 Lunch 12:45 Exercise with Lloyd 1:45 Announcements 2:00 Bus leaves the center.</p>	<div>26</div> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30-12:00 Quilting class w/ Victoria 10:30-12:00 Arts and crafts w/ Christine 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center.</p>
<div>29</div> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30 Inter-Generational group 11:00 Zumba with Marilyn 12:00 Lunch 12:45 Fitness Fun with Victoria 1:45 Announcements 2:00 Bus leaves the center.</p> 	<div>30</div> <p>9:30 Social hour/coffee 10:00-12:00 Billiards/Cards 10:00-12:00 Health Assessment 10:30 Wise Workout with Cindi 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>St. Francis Hospital Outreach Bus At NMSC Wednesday, April 3, 2024 10:00am-2:00PM</p> 	<p>Happy Birthday To everyone who celebrates Their birthdays in April!!!</p> 	<p>April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle.</p> 
 <p>BRUCE A. BLAKEMAN NASSAU COUNTY EXECUTIVE</p>		<p>Hours of Operation: 8:30-4:00 Meals suggested contribution: \$ 3.00 Transportation suggested contribution: \$1:00 each way. Exercise suggested contribution: \$2:00 Site Council Meeting: 4/9/2024 Birthdays Celebration: 4/19/2024</p> <p>RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.</p>		