

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>HAPPY BIRTHDAY TO EVERYONE WHO CELEBRATES THEIR BIRTHDAY IN JULY</b></p>	<p><b>Happy FOURTH OF JULY</b>      One flag, one land, one heart, one hand, one nation evermore</p>	<p>1        9:30 Social hour/coffee time        10:00 Cards/Mexican Train/Billiards        10:45 Zumba with Andrea.        12:00 Lunch        12:45 Yoga with Anne Tedesco        1:45 Announcements        2:00 Bus leaves the center</p>	<p>2        9:30 Social hour/coffee time        10:00 Billiards/Mexican Train        11:00 Tai Chi with Joseph        12:00 Lunch        12:30 Mahjong        12:45 Exercise with Nick        1:30 Site Council Meeting        2:00 Bus leaves the center</p>	<p>3        We are closed        Friday, July 3rd        Happy INDEPENDENCE Day</p>
<p>6        9:30 Social hour/coffee time        10:00 Billiards/Mexican Train        10:45 Fitness Fun with Robin        12:00 Lunch        12:30-3:30 Mahjong        12:45 Arthritis Foundation Exercise with Victoria        2:00 Bus leaves the center</p>	<p>7  <b>Beach Day</b>  <b>Trip to Lido Beach</b>  <b>Fun in the Sun.</b>  <b>Reservation for bus and Lunch required.</b></p>	<p>8        9:30 Social hour/coffee time        10:00 Cards/Mexican Train/Billiards        10:45 Zumba with Andrea.        12:00 Lunch        12:45 Yoga with Anne Tedesco        1:45 Announcements        2:00 Bus leaves the center</p>	<p>9        9:30 Social hour/coffee time        10:00 Billiards/Mexican Train        11:00 Tai Chi with Joseph        12:00 Lunch        12:30 Mahjong        12:45 Exercise with Nick        2:00 Bus leaves the center</p>	<p>10        9:30 Social hour/coffee time        10:00 Billiards/Mexican Train        10:30-12:00 Quilting class w/ Victoria        11:00 Chorus with Frank        12:00 Lunch        12:45 Exercise with Sandra        2:00 Bus leaves the center</p>
<p>13        9:30 Social hour/coffee time        10:00 Billiards/Mexican Train        10:45 Fitness Fun with Robin        12:00 Lunch        12:30-3:30 Mahjong        12:45 Arthritis Foundation Exercise with Victoria        2:00 Bus leaves the center</p>	<p>14  <b>Beach Day</b>  <b>Trip to Lido Beach</b>  <b>Fun in the Sun.</b>  <b>Reservation for bus and Lunch required.</b></p>	<p>15        9:30 Social hour/coffee time        10:00 Cards/Mexican Train/Billiards        10:45 Welcome to 90 -club        12:00 Lunch        12:45 Yoga with Anne Tedesco        1:45 Announcements        2:00 Bus leaves the center</p>	<p>16        9:30 Social hour/coffee time        10:00 Billiards/Mexican Train        11:00 Tai Chi with Joseph        12:00 Lunch        12:30 Mahjong        12:45 Exercise with Nick        2:00 Bus leaves the center</p>	<p>17        9:30 Social hour/coffee time        10:00 Billiards/Mexican Train        10:30-12:00 Quilting class w/ Victoria        11:00 Left-Center-Right        12:00 Lunch        12:45 Exercise with Sandra        2:00 Bus leaves the center</p>



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Friday

<p style="text-align: right;"><b>20</b></p> <p>9:30 Social hour/coffee time 10:00 Billiards/Mexican Train <b>10:45 Fitness Fun with Robin</b> 12:00 Lunch <b>12:30-3:30 Mahjong</b> 12:45 Arthritis Foundation Exercise with Victoria 2:00 Bus leaves the center</p>	<p style="text-align: right;"><b>21</b></p> <p style="text-align: center;"><b>Beach Day</b> <b>Trip to Lido Beach Fun in the Sun.</b> <b>Reservation for bus and Lunch required.</b></p> 	<p style="text-align: right;"><b>22</b></p> <p>9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards <b>10:45 Zumba with Andrea.</b> 12:00 Lunch <b>12:45 Yoga with Anne Tedesco</b> 1:45 Announcements 2:00 Bus leaves the center</p>	<p style="text-align: right;"><b>23</b></p> <p>9:30 Social hour/coffee time 10:00 Billiards/Mexican Train <b>11:00 Tai Chi with Joseph</b> 12:00 Lunch <b>12:30 Mahjong</b> <b>12:45 Exercise with Nick</b> 2:00 Bus leaves the center</p>	<p style="text-align: right;"><b>24</b></p> <p><u>Birthday Celebration</u> 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train <b>10:30-12:00 Quilting class w/ Victoria</b> <b>11:00 Chorus with Frank</b> 12:00 Lunch <b>12:45 Zumba with Andrea</b> 2:00 Bus leaves the center</p>
<p style="text-align: right;"><b>27</b></p> <p>9:30 Social hour/coffee time 10:00 Billiards/Mexican Train <b>10:00-12:00 Health Assessment</b> <b>10:45 Fitness Fun with Robin</b> 12:00 Lunch <b>12:30-3:30 Mahjong</b> <b>12:45 Arthritis Foundation Exercise with Victoria</b> 2:00 Bus leaves the center</p>	<p style="text-align: right;"><b>28</b></p> <p style="text-align: center;"><b>Beach Day</b> <b>Trip to Lido Beach Fun in the Sun.</b> <b>Reservation for bus and Lunch required.</b></p> 	<p style="text-align: right;"><b>29</b></p> <p>9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards <b>10:45 Zumba with Andrea.</b> 12:00 Lunch <b>12:45 Yoga with Anne Tedesco</b> 1:45 Announcements 2:00 Bus leaves the center</p>	<p style="text-align: right;"><b>30</b></p> <p>9:30 Social hour/coffee time 10:00 Billiards/Mexican Train <b>10:30 Art class with Sheila</b> <b>11:00 Tai Chi with Joseph</b> 12:00 Lunch <b>12:30 Mahjong</b> <b>12:45 Exercise with Nick</b> 2:00 Bus leaves the center</p>	<p style="text-align: right;"><b>31</b></p> <p>9:30 Social hour/coffee time 10:00 Billiards/Mexican Train <b>10:30-12:00 Quilting class w/ Victoria</b> <b>11:00 Chorus with Frank</b> 12:00 Lunch <b>12:45 Zumba with Andrea</b> 2:00 Bus leaves the center</p>



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

**Area Served:**

Bellmore, East Meadow, Hicksville, Levittown  
Merrick, North Bellmore, North Merrick, Plainedge

**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: July 2**

**Birthdays Celebration: July 24**

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