

Monday

Tuesday

Wednesday

Thursday

Friday

3 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	4 Beach Day Trip to Lido Beach Fun in the Sun. Reservation for bus and Lunch required. 	5 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	6 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	7 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 Zumba with Andrea 2:00 Bus leaves the center
10 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 11:00 Bingo with Denise from Lynbrook Rehabilitation 12:00 Lunch 12:30-3:30 Mahjong 12:45 Arthritis Foundation Exercise with Victoria 2:00 Bus leaves the center	11 Beach Day Trip to Lido Beach Fun in the Sun. Reservation for bus and Lunch required. 	12 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	13 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	14 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 Zumba with Andrea 2:00 Bus leaves the center
17 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	18 Beach Day Trip to Lido Beach Fun in the Sun. Reservation for bus and Lunch required. 	19 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	20 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	21 Birthday Celebrations 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 Zumba with Andrea 2:00 Bus leaves the center

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24 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	25 Beach Day Trip to Lido Beach Fun in the Sun. Reservation for bus and Lunch required. 	26 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	27 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 10:30 Art class with Sheila 11:00 Tai Chi with Joseph 12:00 Lunch 12:30 Mahjong 12:45 Exercise with Nick 2:00 Bus leaves the center	28 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 Zumba with Andrea 2:00 Bus leaves the center
31 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 10:00-12:00 Health Assessment 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				



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: August 6

Birthdays Celebration: August 21

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