

Monday

Tuesday

Wednesday

Thursday

Friday



14
9:30 Social hour/coffee time
10:00 Billiards/Mexican Train
10:45 Gold Zumba with Marilyn
12:00 Lunch
12:30-3:30 Mahjong
12:45 Arthritis Foundation Exercise with Victoria
2:00 Bus leaves the center



8
9:30 Social hour/coffee time
10:00 Billiards/Cards
10:45 Fitness Fun with Robin
12:00 Lunch
12:45 Left- -Center-Right Game
1:45 Announcements
2:00 Bus leaves the center

15
9:30 Social hour/coffee time
10:00 Billiards/Cards
10:45 Fitness Fun with Robin
12:00 Lunch
12:45 Chorus with Frank
1:45 Announcements
2:00 Bus leaves the center

2
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

9
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

16
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

3
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

10
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

17
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

4
9:30 Social hour/coffee time
10:00 Billiards/Mexican Train
10:30-12:00 Quilting class w/ Victoria
10:45 Left-Center-Right
12:00 Lunch
12:45 Zumba with Andrea
2:00 Bus leaves the center

11
9:30 Social hour/coffee time
10:00 Billiards/Mexican Train
10:30-12:00 Quilting class w/ Victoria
11:00 Nutrition Education by Cornell
12:00 Lunch
12:45 Exercise with Sandra
2:00 Bus leaves the center

18
Birthday Celebration
9:30 Social hour/coffee time
10:00 Billiards/Mexican Train
10:30-12:00 Quilting class w/ Victoria
10:45 Left-Center-Right
12:00 Lunch
12:45 Zumba with Andrea
2:00 Bus leaves the center

Monday

Tuesday

Wednesday

Thursday

Friday

21

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

22

9:30 Social hour/coffee time
 10:00 Billiards/Cards
 10:45 Fitness Fun with Robin
 12:00 Lunch
 12:45 Chorus with Frank
 1:45 Announcements
 2:00 Bus leaves the center

23

9:30 Social hour/coffee time
 10:00 Cards/Mexican
 Train/Billiards
 10:45 Zumba with Andrea.
 12:00 Lunch
 12:30 Goodbye Summer
 welcome Fall party with DJ
RESERVATIONS REQUIRED
 1:45 Announcements
 2:00 Bus leaves the center

24

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

25

9:30 Social hour/coffee time
 10:00 Billiards/Mexican
 Train
 10:30-12:00 Quilting class
 w/ Victoria
 10:45 Yoga with Anne
 Tedesco
 12:00 Lunch
 12:45 Zumba with Andrea
 2:00 Bus leaves the center

28

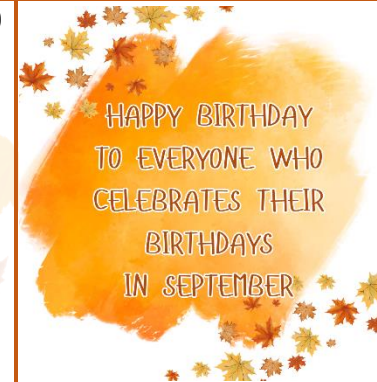
9:30 Social hour/coffee time
 10:00 Billiards/Mexican Train
 10:45 Gold Zumba with
 Marilyn
 12:00 Lunch
 12:30-3:30 Mahjong
 12:45 Arthritis Foundation
 Exercise with Victoria
 2:00 Bus leaves the center

29

9:30 Social hour/coffee time
 10:00 Billiards/Cards
 10-12 Health Assessment
 10:45 Fitness Fun with Robin
 12:00 Lunch
 12:45 Chorus with Frank
 1:45 Announcements
 2:00 Bus leaves the center

30

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



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: September 3

Birthdays Celebration: September 18

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