

October 2026

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

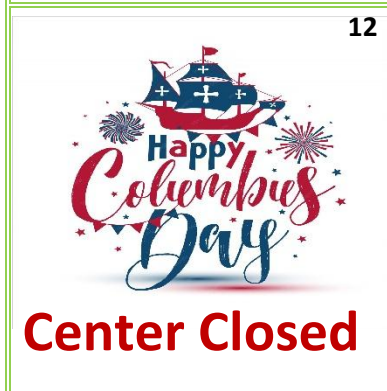
Monday

Tuesday

Wednesday

Thursday

Friday

			1 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	2 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
5 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	6 9:30 Social hour/coffee time 10:00 Billiards/Cards 10:00 Fitness Fun with Robin 11:00 Nutrition Education by Cornell 12:00 Lunch 12:45 Chorus with Frank 1:45 Announcements 2:00 Bus leaves the center	7 9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards 10:45 Zumba with Andrea. 12:00 Lunch 12:45 Exercise with Sandra 1:45 Announcements 2:00 Bus leaves the center	8 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	9 Island Harvest 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 10:30-12:00 Quilting class w/ Victoria 10:45 Bingo 12:00 Lunch 12:45 Zumba with Andrea 2:00 Bus leaves the center
12  Center Closed	13 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	14 9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards 10:45 Zumba with Andrea. 12:00 Lunch 12:45 Exercise with Sandra 1:45 Announcements 2:00 Bus leaves the center	15 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	16 Birthday Celebration 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 10:30-12:00 Quilting class w/ Victoria 10:45 Craft-And-Fun sponsored by Aetna 12:00 Lunch 12:45 Zumba with Andrea 2:00 Bus leaves the center

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19 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	20 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	21 9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards 10:45 Zumba with Andrea. 12:00 Lunch 12:45 Exercise with Sandra 1:45 Announcements 2:00 Bus leaves the center	22 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	23 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 10:30-12:00 Quilting class w/ Victoria 10:45 Medicare one on one by SSNA 12:00 Lunch 12:45 Exercise with Sandra 2:00 Bus leaves the center
26 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	27 9:30 Social hour/coffee time 10:00 Billiards/Cards 10:00-12:00 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	28 9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards 10:45 Zumba with Andrea. 12:00 Lunch 12:45 Exercise with Sandra 1:45 Announcements 2:00 Bus leaves the center	29 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 10:00 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	30 9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 10:30-12:00 Quilting class w/ Victoria 10:45 Halloween Celebration 12:00 Lunch 12:45 Zumba with Andrea 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: October 8

Birthdays Celebration: October 16

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