# November 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 |
|---|---|---|---|---|
| **2**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>10:45 Gold Zumba with Marilyn<br>12:00 Lunch<br>12:30-3:30 Mahjong<br>12:45 Arthritis Foundation Exercise with Victoria<br>2:00 Bus leaves the center | **3**<br>**Center Closed**<br> | **4**<br>9:30 Social hour/coffee time<br>10:00 Cards/Mexican Train/Billiards<br>10:45 Zumba with Andrea.<br>12:00 Lunch<br>12:45 Yoga with Anne Tedesco<br>1:45 Announcements<br>2:00 Bus leaves the center | Intergeneration **5**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>11:00 Tai Chi with Joseph<br>12:00 Lunch<br>12:30 Mahjong<br>12:45 Exercise with Nick<br>1:30 Site Council Meeting<br>2:00 Bus leaves the center | **6**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>10:30-12:00 Quilting class w/ Victoria<br>10:45 Bingo<br>12:00 Lunch<br>12:45 Zumba with Andrea<br>2:00 Bus leaves the center |
| **9**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>10:45 Gold Zumba with Marilyn<br>12:00 Lunch<br>12:30-3:30 Mahjong<br>12:45 Arthritis Foundation Exercise with Victoria<br>2:00 Bus leaves the center | Intergeneration **10**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Cards<br>10:00 Fitness Fun with Robin<br>11:00 Nutrition Education by Cornell<br>12:00 Lunch<br>12:45 Chorus with Frank<br>1:45 Announcements<br>2:00 Bus leaves the center | **11**<br>**Center Closed**<br> | Intergeneration **12**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>11:00 Tai Chi with Joseph<br>12:00 Lunch<br>12:30 Mahjong<br>12:45 Exercise with Nick<br>2:00 Bus leaves the center | Island Harvest **13**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>10:30-12:00 Quilting class w/ Victoria<br>10:45 Left-Center-Right<br>12:00 Lunch<br>12:45 Zumba with Andrea<br>2:00 Bus leaves the center |
| **16**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>11:00 Bingo with Denise from Lynbrook Rehabilitation<br>12:00 Lunch<br>12:30-3:30 Mahjong<br>12:45 Arthritis Foundation Exercise with Victoria<br>2:00 Bus leaves the center | Intergeneration **17**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Cards<br>11:00 Fitness Fun with Robin<br>12:00 Lunch<br>12:45 Chorus with Frank<br>1:45 Announcements<br>2:00 Bus leaves the center | **18**<br>9:30 Social hour/coffee time<br>10:00 Cards/Mexican Train/Billiards<br>10:45 Zumba with Andrea.<br>12:00 Lunch<br>12:45 Yoga with Anne Tedesco<br>1:45 Announcements<br>2:00 Bus leaves the center | Intergeneration **19**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>11:00 Tai Chi with Joseph<br>12:00 Lunch<br>12:30 Mahjong<br>12:45 Exercise with Nick<br>2:00 Bus leaves the center | Birthday Celebration **20**<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>10:30-12:00 Quilting class w/ Victoria<br>10:00-11:30 Health Fair sponsored by Aetna<br>12:00 Lunch<br>12:45 Zumba with Andrea<br>2:00 Bus leaves the center |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 23<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>10:45 Gold Zumba with Marilyn<br>12:00 Thanksgiving Lunch<br>12:30-3:30 Mahjong<br>12:45 Arthritis Foundation Exercise with Victoria<br>2:00 Bus leaves the center | Intergeneration 24<br>9:30 Social hour/coffee time<br>10:00 Billiards/Cards<br>11:00 Fitness Fun with Robin<br>12:00 Lunch<br>12:45 Chorus with Frank<br>1:45 Announcements<br>2:00 Bus leaves the center | 25<br>9:30 Social hour/coffee time<br>10:00 Cards/Mexican Train/Billiards<br>10:45 Zumba with Andrea.<br>12:00 Lunch<br>12:45 Yoga with Anne Tedesco<br>1:45 Announcements<br>2:00 Bus leaves the center | 26<br> | 27 |
| 30<br>9:30 Social hour/coffee time<br>10:00 Billiards/Mexican Train<br>10:45 Gold Zumba with Marilyn<br>12:00 Lunch<br>12:30-3:30 Mahjong<br>12:45 Arthritis Foundation Exercise with Victoria<br>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: November 5**

**Birthdays Celebration: November 20**

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