

April 2025

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

<p>St. Francis Hospital Outreach Bus Free Health Screenings Wednesday, April 9 10am-2pm</p> 	<p>1</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30 Exercise with Cindi 10:30-12:30 Intergeneration 12:00 Lunch 12:45 Chorus with Frank 1:30-2:00 Cards and games 1:45 Announcements 2:00 Bus leaves the center</p>	<p>2</p> <p>9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcements 2:00 Bus leaves the center</p>	<p>3</p> <p>9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 11:00 Tai Chi with Joseph 11:00 Site Council Meeting 12:00 Lunch 12:30 Mahjong 12:45 Total body workout with Robin 1:45 Announcements 2:00 Bus leaves the center</p>	<p>4</p> <p>9:30 Social hour/coffee time 10:00 Billiards/Cards 10:30-12:00 Quilting class w/ Victoria 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center</p>
<p>7</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Mexican Train 10:30-11:30 Intergeneration 11:00 Spring Craft sponsored by Aetna 12:00 Lunch 12:30-3:30 Mahjong 12:45 Arthritis Foundation Exercise with Victoria. 1:45 Announcements 2:00 Bus leaves the center</p>	<p>8</p> <p>9:30 Social hour/coffee time 10:00 Billiards/Cards 10:00 Exercise with Cindi 10:30-12:30 Intergeneration 11:00 Nutrition Education "Nutrition Myths vs. Facts" 12:00 Lunch 12:45 Chorus with Frank 1:30 Cards and games 1:45 Announcements 2:00 Bus leaves the center.</p>	<p>9</p> <p>St. Francis Hospital Outreach Bus 9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards 10:00-2:00 Free Health Screenings 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcements 2:00 Bus leaves the center</p>	<p>10</p> <p>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 Total body workout with Robin 1:45 Announcements 2:00 Bus leaves the center</p>	<p>11</p> <p>9:30 Social hour/coffee time 10:00 Billiards/Cards 10:30-12:00 Quilting class w/ Victoria 10:45 Exercise with Cathy 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center</p>
<p>14</p> <p>9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 11:00 Gold Zumba w/Marilyn 10:30-11:30 Intergeneration 12:00 Lunch 12:30-3:30 Mahjong 12:45 Arthritis Foundation Exercise with Victoria. 1:45 Announcements 2:00 Bus leaves the center</p>	<p>15</p> <p>9:30 Social hour/coffee time 10:00-12:00 Billiards/Cards 10:30 Exercise with Cindi 10:30-12:30 Intergeneration 12:00 Lunch 12:45 Chorus with Frank 1:30-2:00 Cards and games 1:45 Announcements 2:00 Bus leaves the center</p>	<p>16</p> <p>9:30 Social hour/coffee time 10:00 Cards/Mexican Train/Billiards 10:45 Zumba with Andrea 12:00 Lunch 12:45 Exercise with Nick 1:45 Announcements 2:00 Bus leaves the center</p>	<p>17</p> <p>9:30 Social hour/coffee time 10:00 Billiards/Mexican Train 11:00 Tai Chi with Joseph 12:00 Lunch 12:30 Mahjong 12:30 Trip to Shoprite/Wall Mart 12:45 Total body workout with Robin 1:45 Announcements 2:00 Bus leaves the center</p>	<p>18</p> <p>Island Harvest Birthday Celebration 9:30 Social hour/coffee time 10:00 Billiards/Cards 10:30-12:00 Quilting class w/ Victoria 11:00 Protect Yourself from Scams by Division Consumer Protection 12:00 Lunch 12:45 Zumba with Andrea 1:45 Announcements 2:00 Bus leaves the center</p>

Monday

Tuesday

Wednesday

Thursday

Friday

21

9:30 Social hour/coffee time
 10:00-12:00 Billiards/Mexican Train
10:45 Left-Center-Right
 10:30-11:30 Intergeneration
12:00 Lunch
 12:30-3:30 Mahjong
 12:45 Arthritis Foundation Exercise with Victoria.
 1:45 Announcements
 2:00 Bus leaves the center

22

9:30 Social hour/coffee time
 10:00-12:00 Billiards/Cards
10:30 Exercise with Cindi
 10:30-12:30 Intergeneration
12:00 Lunch
 12:45 Chorus with Frank
 1:30-2:00 Cards and games
 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
12:45 Exercise with Nick
 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 Total body workout with Robin
 1:45 Announcements
 2:00 Bus leaves the center

25

9:30 Social hour/coffee time
 10:00 Billiards/Cards
10:30-12:00 Quilting class w/ Victoria
10:45 Exercise with Cathy
12:00 Lunch
12:45 Zumba with Andrea
 1:45 Announcements
 2:00 Bus leaves the center

28

9:30 Social hour/coffee time
 10:00 Billiards/Mexican Train
 10:30-11:30 Intergeneration
11:00 Bingo with Dennis from Lynbrook Rehabilitation Center
12:00 Lunch
 12:30-3:30 Mahjong
 12:45 Arthritis Foundation Exercise with Victoria.
 1:45 Announcements
 2:00 Bus leaves the center

29

9:30 Social hour/coffee time
 10:00-12:00 Billiards/Cards
10:30 Exercise with Cindi
 10:30-12:30 Intergeneration
12:00 Lunch
12:45 Chorus with Frank
 1:30-2:00 Cards and games
 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 Exercise with Nick
 1:45 Announcements
 2:00 Bus leaves the center



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

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: April 3

Birthdays Celebration: April 18

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.