












February 2020 Activities

Location: North Merrick Senior Center, 1260 Meadowbrook Rd., North Merrick NY 11566

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>4</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 12:30 Balancing with Lisa</p> 	<p>5</p> <p>10:00 Social Hour, Cards & Games 11:00 Heart Lecture – “Medical Myth busting – the Hype in Hypertension” Dr. Yuen, Northwell Health 12:00 Lunch & Announcements 2:00 Exercise with Darryl</p> 	<p>6</p> <p>10:00 Social Hour, Cards & Games 11:00 Heart Healthy Nuts – Cornell Cooperative Extension 12:00 Lunch & Announcements 1:00 Exercise with Darryl 12:00- 3:30 Mahjong Game</p>	<p>7</p> <p>10:00 Social Hour, Cards & Games 10:30 Quilting with Victoria 11:00 Shoprite/Walmart 12:00 Lunch & Announcements 12:45 Nail Polishing 1:00 Zumba with Marilyn</p>
<p>10</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>11</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 12:30 Balancing with Lisa</p> 	<p>12</p> <p>10:00 Social Hour, Cards & Games 11:00 Dollar Tree 12:00 Lunch & Announcements 12:45 Fitness Fun with Victoria 2:00 Exercise with Darryl</p> 	<p>13</p> <p>10:00 Social Hour, Cards & Games 12:00 Lunch & Announcements 1:00 Exercise with Darryl 12:00- 3:30 Mahjong Game</p>	<p>14</p> <p>10:00 Social Hour, Cards & Games 10:30 Quilting with Victoria 11:00 VALENTINE CELEBRATION With ICE CREAM SUNDAES 12:00 Lunch & Announcements 1:00 Zumba with Marilyn 1:00 Site Council Meeting</p>
<p>17</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>18</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 12:45 Tai Chi with Patricia</p> 	<p>19</p> <p>10:00 Social Hour, Cards & Games 11:00 Trader Joe's 12:00 Lunch & Announcements 12:30 Arts & Crats 2:00 Exercise with Darryl</p> 	<p>20</p> <p>10:00 Social Hour, Cards & Games 11:00 Coloring Art 11:00 Shop Rite/ Walmart 12:00 Lunch & Announcements 1:00 Exercise with Darryl 12:00- 3:30 Mahjong Game</p>	<p>21</p> <p>10:00 Social Hour, Cards Games 11:00 Shop Rite/ Walmart 10:30 Quilting with Victoria 12:00 Lunch & Announcements 1:00 Zumba with Marilyn</p>
<p>24</p> <p>10:00 Social Hour, Cards & Games 10:30 Fitness Fun with Victoria 12:00 Lunch & Announcements 12:45 Line Dancing with Linda 11:00-4:00 Canasta Card Game</p> 	<p>25</p> <p>10:00 Social Hour, Cards & Games 10:45 Wise Workout with Cindi 12:00 Lunch & Announcements 12:30 Balancing with Lisa</p> 	<p>26</p> <p>10:00 Social Hour, Cards & Games 11:00 Jewelry Making with Carmella 12:00 Lunch & Announcements 12:45 Fitness Fun with Victoria 2:00 Exercise with Darryl</p>	<p>27</p> <p>10:00 Social Hour, Cards & Games 11:00 Coloring Art 11:00 Shop Rite/ Walmart 12:00 Lunch & Announcements 1:00 Exercise with Darryl 12:00- 3:30 Mahjong Game</p>	<p>28</p> <p>10:00 Social Hour, Cards & Games 10:30-12:30 Health Assessments 10:30 Quilting with Victoria 11:00 Free Players Ensemble arranged by Denise Walsh, Lynbrook Therapy & Nursing 12:00 Lunch & Announcements 12:45 Nail Polishing 1:00 Zumba with Marilyn</p>
