

November 2024

Herricks Senior Community Service Center
999 Herricks Rd, New Hyde Park, NY 11040
(516) 305-8976



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

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|---|--|---|------------------------------|--|
| <p>Carol, Angela, Lynn, Kim and Joyce WELCOME YOU To Herricks Senior Center</p> | <p>Daylight Savings Ends Sun. Nov 3...Turn your clocks back 1 hour before you go to bed Sat. night</p> | <p>View monthly calendar/menu at www.Herricks.org/scsc then scroll down to Senior Community Service Center</p> | | <p>1 10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:00 Nutrition Education 11:30 Lunch Hot:Chicken Fajita w/peppers/onions Cold: Mozzarella, tomato, peppers w/balsamic dressing 12:45 Tai Chi w/ Joe</p> |
| <p>4 9:00 Adelphi Nurses 9:15 Line Dancing w/ Amy 10:00 Mah Jongg 10:15 NEW HERRICKS SINGERS w/ Frank 11:30 Lunch Hot:Meatloaf Cold: Seafood Salad/tortilla/L&T 12:45 Arthritis Exercise with Barrie</p> | <p>5 9:30 NO Aerobic Exercise NO 10:00-10:30 Site Council 10:30 Bingo 11:30 Lunch Hot:Chicken Burrito Cold: Egg Salad 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Dhara</p> | <p>6 PROGRAM CLOSED</p> | <p>7 PROGRAM CLOSED</p> | <p>8 10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:00 Comedy with Warren 11:30 Lunch Hot: Beef Stew Cold: Chicken salad/tortilla/L&T 12:45 Tai Chi w/ Joe</p> |
| <p>11 VETERANS DAY PROGRAM CLOSED VETS.. THANK YOU FOR YOUR SERVICE & SACRIFICES</p> | <p>12 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Salute to Veterans 11:30 Lunch Hot: Steak OR Salmon Cold: Tuna Salad 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Dhara</p> | <p>13 PROGRAM CLOSED</p> | <p>14 PROGRAM CLOSED</p> | <p>15 10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:00 Birthday Entertainment 11:30 Lunch Hot: Stuffed Shells Cold: Seafood Salad/tortilla/L&T 12:45 Tai Chi w/ Joe</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|----------------|--|--|
| 18 | 19 | 20 | 21 | 22 |
| 9:00 Adelphi Nurses 9:15 Line Dancing w/ Amy 10:00 Mah Jongg 10:15 NEW HERRICKS SINGERS w/ Frank 11:30 Lunch Hot: Penne ala Vodka w/ grilled chicken Cold: Tuna salad/Rye/L&T 12:45 Arthritis Exercise with Barrie | 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Hamburger Cold: Chicken Salad/tortilla/L&T 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Dhara | PROGRAM CLOSED | PROGRAM CLOSED | 10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:00 Laurie on piano 11:30 Lunch Hot: Swedish Meatballs Cold: Egg Salad/wheat/L&T 12:45 Tai Chi w/ Joe |
| 25 | 26 | 27 | 28 | 29 |
| 9:00 Adelphi Nurses 9:15 Line Dancing w/ Amy 10:00 Mah Jongg 10:15 NEW HERRICKS SINGERS w/ Frank 11:30 Lunch Hot: Roast Turkey Cold: Egg Salad/Rye/L&T 12:45 Arthritis Exercise with Barrie | 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot:Frittata w/spinach, potatoes, cheese Cold: Seafood salad/tort/L&T 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Dhara | PROGRAM CLOSED | HAPPY THANKSGIVING PROGRAM CLOSED | PROGRAM CLOSED |



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

WELCOME TO HERRICKS SCSC !! ENTER Door #10 on TALBOT ST.
 Ring the doorbell on brick wall to the left of Door #10. We are
 nondenominational open to seniors (60+) residing in Nassau County.
HOURS of Program: Monday, Tuesday, Friday 9:00-2:00. Staff 9-3

LUNCH: \$3.00 suggested contribution each meal. Avoid the waitlist
 by registering for lunch 4-5 days in advance either in person or by
 calling 305-8976. Vegetarian meals available upon advanced
 request.

EXERCISE/CREATIVE CLASSES: \$2.00 suggested contribution each
 class. **TRANSPORTATION:** \$2.00 suggested contribution ROUND TRIP
 from home to center from Albertson, Williston Park, East Williston,
 Garden City Park, Mineola, New Hyde Park, Searingtown & Roslyn

**NEW Herricks Senior Singers with Frank Monday 11/4 at 10:15; Site Council
 Friday 11/5 at 10:00; Comedy with Warren Friday 11/8 at 11:00; Birthday
 Entertainment with Peter and Eileen Friday 11/15 at 11:00; Laurie on piano
 Friday 11/22 at 11:00**