

# November 2024

Oceanside Senior Community Service Center  
 80 Anchor Ave., Oceanside, NY 11572  
 516-764-9792



# 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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				10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 <b>Dollar Store</b> 12:00 Potato Chowder Soup Chicken Fajitas 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & Rummikub
4	5	6	7	8
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 <b>Trader Joe's</b> 12:00 Vegetable Soup Meatloaf w/ Noodles 1:00 Tai Chi w/Joseph	10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra <b>Bingo</b> 11:00 <b>Health Assessment w/                          Nurse Barbara</b> 12:00 Pizza  12:45 Exercise 1:00 <b>Left/Center/Right                          w/ Nick</b>	10:00 Coffee, Tea & Socialize 10:30 <b>Bingo</b> 11:00 Zumba w / Nilo 12:00 Split Pea Soup Ravioli w/ Meat Sauce 12:45 Exercise 1:00 <b>Bingo &amp; Billiards</b>	10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Butternut Squash Soup Chicken Francaise 12:45 Yoga/Balance – Sandye 12:45 <b>Movie - Twister</b> 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 <b>CVS Shopping</b> 12:00 Chicken Noodle Soup Beef Stew 12:45 Yoga/Balance – Sandye 1:00 Craft <b>Floral Arrangement</b> 1:00 Billiards, Card Games & Rummikub
11	12	13	14	15
	10:00 Coffee, Tea & Socialize 10:30 <b>Mount Sinai Vaxmobile</b> 10:45 Exercise w/ Sandra <b>Bingo</b> 12:00 Lentil Soup Breaded Chicken Cutlet 12:45 Exercise 12:45 <b>Bingo</b> 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:30 <b>Bingo</b> 11:00 Zumba w / Nilo 12:00 Cream of Mushroom Soup Salisbury Steak 12:45 Exercise 12:45 <b>Bingo &amp; Billiards</b>	10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Minestrone Soup Sausage Peppers & Onions on a Hero 12:45 Yoga/Balance – Sandye 1:00 <b>BlueBird Canvas Painting</b> 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 <b>Dollar Store</b> 12:00 Vegetable Bean Soup Stuffed Shells 12:45 Yoga/Balance – Sandye 12:45 <b>Nutrition/Cornell                          Finding Sugar in Food Labels</b> 1:00 Billiards, Card Games & Rummikub

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 <b>Stop &amp; Shop</b> 12:00 Minestrone Soup Penne alaodka w/ Grilled Chicken 1:00 Tai Chi w/Joseph	10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra <b>Bingo</b> 12:00 Hamburger on a Bun w/Lettuce & tomato 12:45 Yoga w/ Ann 1:00 <b>Left/Center/Right</b> <b>w/ Nick</b> 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:30 <b>Bingo</b> 11:00 Zumba w / Nilo 12:00 Cream of Broccoli Breaded Fish w/Tartar Sauce 12:30 <b>Chat &amp; Craft w/ Debra</b> 12:45 Exercise 12:45 <b>Bingo</b> & Billiards	10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Lentil Soup White Meat Chicken Stew w/ Potatoes & Carrots 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 <b>CVS Shopping</b> 12:00 Chicken Noodle Soup Swedish Meatballs w/Gravy 12:45 Yoga/Balance – Sandye 1:00 <b>Harmony Health ED</b> <b><u>Loneliness &amp; Social Isolation</u></b> 1:00 Billiards, Card Games & Rummikub
25	26	27	28	29
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 <b>Trader Joe's</b> 12:00 Roast Turkey w/Gravy & Stuffing 1:00 Tai Chi w/Joseph	10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra <b>Bingo</b> 12:00 Corn Chowder Soup Frittata w/ Spinach, Potatoes & Cheese 12:45 Yoga w/ Ann 12:45 <b>Bingo</b> 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:30 <b>Bingo</b> 11:00 Zumba w / Nilo 12:00 Vegetable Soup Veggie Burger on a Roll w/ Lettuce & Tomato 12:45 Exercise 12:45 <b>Bingo</b> & Billiards		



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

Hours of Operation: 08:30 am – 03:30 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting:

Birthdays Celebration: Thursday 21<sup>st</sup>

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