

**November 2024**

**Bethel AME Church  
420 N Main St, Freeport, NY 11520  
(516) 377-4469**



**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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4	Closed for Election Day	5	11:00AM Cornell University Nutrition Program 12:00PM Noon Ravioli with Meat Sauce 12:30 PM Bingo 	6
			10:00- Exercise w/Marvin  12:00 Noon Chicken Francaise 1:00- Bingo/Card Games	7
8				8
11	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Breaded Chicken Culet with Gravy 12:30 – Bingo  1:00 – Card Games	12	10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Salisbury Steak 12:30 PM Bingo 	13
			10:00- Exercise w/Marvin  12:00 Noon Sausage, Peppers and Onions on a Hero 1:00- Bingo/Card Games	14
				15

Monday

Tuesday

Wednesday

Thursday

Friday

<p>18</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Hamburger on a Bun w/L &amp;T French Fries <b>12:30 – Bingo</b></p>  <p><b>1:00 – Card Games</b></p>	<p>19</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Frittata with Spinach, Potatoes and Cheese <b>12:30 – Bingo</b></p>  <p><b>1:00 – Card Games</b></p>	<p>20</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Breaded Fish with Tarter Sauce <b>12:30 PM Bingo</b></p> 	<p>21</p> <p><b>10:00- Exercise w/Marvin</b></p>  <p>12:00 Noon White Meat Chicken Stew with Potatoes over Carrots <b>1:00- Bingo/Card Games</b></p>	<p>22</p>
<p>25</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Frittata with Spinach, Potatoes and Cheese <b>12:30 – Bingo</b></p>  <p><b>1:00 – Card Games</b></p>	<p>26</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Frittata with Spinach, Potatoes and Cheese <b>12:30 – Bingo</b></p>  <p><b>1:00 – Card Games</b></p>	<p>27</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Veggie Burger on a Roll w/Lettuce and Tomato <b>12:30 PM Bingo</b></p> 	<p>28</p> <p>Closed for Thanksgiving</p>	<p>29</p> <p>Closed for Thanksgiving</p>



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation: 10AM – 2PM

Meals suggested contribution: \$3.00

Site Council Meeting: Last Monday

Birthdays Celebration: Last Thursday

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