

November 2024

**Freeport Senior Community Service Center
66 Church Street, Freeport, NY 11520
516-623-2008**



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

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

-Oprah Winfrey



<p>1</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST</p> <p>10:30AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>1PM CHAIR VOLLEYBALL (PENDING NEW CLASS)</p>				
<p>4</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST</p> <p>9:30 to 11:30 HEALTH ASSESSMENT w/BARBARA</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>5</p> <p>PRESIDENTIAL ELECTION DAY</p> <p>CENTER CLOSED</p>	<p>6</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST</p> <p>10:30 SCULPTURE CLASS W/VERONICA</p> <p>11AM DOLLAR TREE SHOPPING TRIP</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>7</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST</p> <p>10AM YOGA W/SANDYE</p> <p>12PM LUNCH IS SERVED</p> <p>1PM ZUMBA W/ ANDREA</p>	<p>8</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST</p> <p>10:30AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>12:30PM ROOSEVELT CHOICE FOR ALL FARM STAND TRIP</p>
<p>11</p> <p>CENTER CLOSED</p>	<p>12</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9AM- 2PM MOLLOY NURSE STUDENT VOLUNTEERS</p> <p>9-10AM BREAKFAST</p> <p>9:30AM BINGO!</p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM NUTRITION ED CLASS</p>	<p>13</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST</p> <p>10:30 SCULPTURE CLASS W/VERONICA</p> <p>11AM HOW TO IMPROVE YOUR COGNITIVE HEALTH W/ SYBIL, HARMONY HEALTH</p> <p>12PM LUNCH IS SERVED</p> <p>1PM NOODLE SOCCER (Marvin OFF)</p>	<p>14</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST</p> <p>10AM YOGA W/SANDYE</p> <p>11AM ARTESANIA DE ACCION DE GRACIAS</p> <p>12PM LUNCH IS SERVED</p> <p>1PM ZUMBA W/ ANDREA</p>	<p>15</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST</p> <p>10:30AM BINGO w/ DENISE!</p> <p>12PM LUNCH IS SERVED</p> <p>12:30PM ROOSEVELT CHOICE FOR ALL FARM STAND TRIP</p>

Monday

Tuesday

Wednesday

Thursday

Friday

ALL DAY GAMES, COLORING, 18 WORD SEARCH & SOCIALIZING! 9-10AM BREAKFAST 10AM – 2PM: MT. SINAI VAXMOBILE HEALTH SCREENINGS 11AM TAI CHI W/ PAT 12PM LUNCH IS SERVED 1PM ROCK PAINTING <i>(Marvin OFF)</i>	19 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM BREAKFAST 10:30 EXERCISE W/VICTORIA 12PM LUNCH IS SERVED 1PM HORSE RACING GAME	20 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM BREAKFAST 10:30 SCULPTURE CLASS W/VERONICA 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	21 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM BREAKFAST 10AM YOGA W/SANDYE 12PM LUNCH IS SERVED 1PM ZUMBA W/ ANDREA	22 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM BREAKFAST 10:30AM BINGO! 12PM LUNCH IS SERVED 12:30PM BIRTHDAY CAKE! 1PM CHAIR VOLLEYBALL <i>(PENDING NEW CLASS)</i>
25 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM BREAKFAST 10AM SITE COUNCIL MEETING 11AM GALA FRESH SHOPPING TRIP 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	26 9-10AM BREAKFAST 10:30 EXERCISE W/VICTORIA 12PM LUNCH IS SERVED 12:30PM – 2:30PM THANKSGIVING LUNCHEON W/ JOHN WALTERS 	27 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM BREAKFAST 10:30 SCULPTURE CLASS W/VERONICA 11AM COMHPS ACTIVITY W/ DEBRA, CHARLES EVANS 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	28  CENTER CLOSED	29 CENTER CLOSED 



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

PROGRAM HOURS OF OPERATION: 8:30AM to 3:00PM

Office Hours 8:00AM to 4:00PM



SUGGESTED CONTRUBUTIONS:

Breakfast: \$2.00

Lunch: \$3.00

Exercise Classes/Support Services: \$2.00

Transportation: \$1.00 per trip

Transportation is available to and from the center for Senior Center clients living within a 3-mile radius of the center. Registration required.

Birthdays Celebration: November 22, 2024

Site Council Meeting: November 25, 2024

PLEASE CALL 516-623-2008 TO RESERVE MEALS, EXERCISE CLASSES & TRANSPORTATION.

Reservations must be made by 11:30AM TWO DAYS before