

December 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>9:00 Adelphi Nurses 9:15 Line Dancing w/ Amy 10:00 Mah Jongg 10:15 NEW HERRICKS SINGERS w/ Frank 11:00/12:00 Nurse's presentations 11:30 Lunch Hot:Sausage/Pepper /Onions w/ penne/marinara Cold: Seafood Salad/tortilla 12:45 Arthritis Exercise with Barrie</p>	<p style="text-align: right;">3</p> <p>9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Beef Stew Cold: Egg Salad/wheat/L&T 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Dhara</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">6</p> <p>10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:00 Nutrition Education 11:30 Lunch Hot: Chicken/pasta w/tomato/basil Cold: Mozzarella/tomato/peppers/w balsamic on Italian 12:45 Tai Chi w/ Joe</p>
<p style="text-align: right;">9</p> <p>9:00 Adelphi Nurses 9:15 Line Dancing w/ Amy 10:00 Mah Jongg 10:15 NEW HERRICKS SINGERS w/ Frank 11:00 Site Council 11:30 Lunch Hot: Hamburger Cold: Turkey/Rye/L&T 12:45 Arthritis Exercise with Barrie</p>	<p style="text-align: right;">10</p> <p>9:30 Aerobic Exercise w/ Doris 10:00 SENIOR CONCERT MERRICK 10:30 Bingo 11:30 Lunch Hot: Stuffed Shells/ Marinara Cold: Seafood Salad/tortilla/L&T 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Dhara</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">13</p> <p>10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:30 Lunch Hot: Spinach and cheese frittata w/ onions Cold: Tuna/Rye w/L&T 12:45 Tai Chi w/ Joe</p>
<p style="text-align: right;">16</p> <p>9:15 Line Dancing w/ Amy 10:00 Mah Jongg 10:15 NEW HERRICKS SINGERS w/ Frank 11:30 Lunch Hot: Beef Burrito w/ cheese Cold: Tuna/Rye/L&T 12:45 Arthritis Exercise with Barrie</p>	<p style="text-align: right;">17</p> <p>9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Jumbo ravioli w/meat Cold: Mozz/tomato Peppers/ balsamic on Italian 11:30 Searingtown Performance 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Dhara</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">20</p> <p>10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:00 Birthday/Holiday celebration w/ Eileen & Peter 11:30 Lunch Hot: Salmon OR Steak Cold: Chicken salad/ Tortilla/L&T 12:45 Tai Chi w/ Joe</p>

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
9:15 NO Line Dancing w/Amy NO 10:00 Mah Jongg 10:15 NEW HERRICKS SINGERS w/ Frank 11:30 Lunch Hot: Pot Roast w/gravy Cold: Chicken salad/ tortilla/L&T 12:45 Arthritis Exercise with Barrie	PROGRAM CLOSED	PROGRAM CLOSED MERRY CHRISTMAS HAPPY HANUKKAH	PROGRAM CLOSED HAPPY KWANZAA	10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:00 Laurie on piano 11:30 Lunch Hot: Baked Ziti Florentine Cold: Egg Salad/wheat/L&T 12:45 Tai Chi w/ Joe
30	31			
9:15 NO Line Dancing w/Amy NO 10:00 Mah Jongg 10:15 NEW HERRICKS SINGERS w/ Frank 11:30 Lunch Hot: Salmon OR Steak Cold: Egg Salad on Wheat 12:45 Arthritis Exercise with Barrie	PROGRAM CLOSED HAPPY NEW YEAR	View monthly calendar/menu at www.Herricks.org/scsc then scroll down to Senior Community Service Center		Carol, Angela, Lynn, Kim and Joyce WELCOME YOU To Herricks Senior Center



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 Mondays at 10:15; Site Council
 Monday 12/9 at 11:00; Birthday/Holiday Entertainment with Peter and
 Eileen Friday 12/20 at 11:00; Laurie on piano Friday 12/27 at 11:00 Sacred
 Heart Singers: TBA