December 2024 Oceanside Senior Community Service Center 80 Anchor Ave., Oceanside, NY 11572 516-764-9792

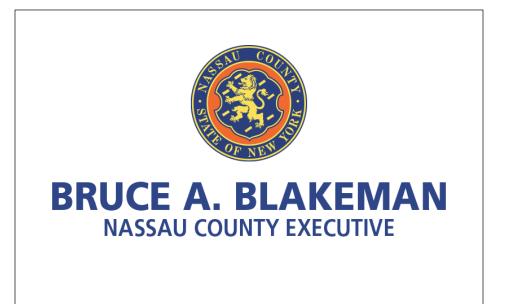


Nassau County Office for the Aging

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

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00 Coffee, Tea & Socialize				
11:00 Arthritis Foundation	10:45 Exercise w/ Sandra	10:30 Bingo	10:45 Exercise w/Nick	10:45 Line Dancing / Marilyn
Exercise w/ Barrie	Bingo	11:00 Zumba w / Nilo	12:00 Lentil Soup	11:00 Dollar Store
11:00 Stop & Shop	11:00 Health Assessment w/	12:00 Tomato Rice Soup	Breaded Fish w/ tartar sauce	12:00 Corn Chowder Soup
12:00 Minestrone Soup	Nurse Barbara	Spaghetti and Meatballs	12:30 Chat & Craft w/ Debra	Chicken w/tomato
Sausage & Peppers	12:00 Split Pea Soup	12:45 Yoga w/ Dhara	12:45 Yoga/Balance – Sandye	& basil sauce
w/Onions	Beef Stew w/ Potatoes	1:00 Bingo & Billiards	1:00 Billiards, Card Games &	12:45 Yoga/Balance - Sandye
12:45 Nutrition w/Cornell	12:45 Exercise		Rummikub	1:00 Billiards, Card Games &
Food Safety Bingo	1:00 Left/Center/Right			Rummikub
1:00 Tai Chi w/Joseph	w/ Nick			
9	10	11	12	13
10:00 Coffee, Tea & Socialize				
10:30 Mount Sinai Vaxmobile	10:45 Exercise w/ Sandra	10:30 Bingo	10:45 Exercise w/Nick	10:45 Line Dancing / Marilyn
11:00 Arthritis Foundation	Bingo	11:00 Zumba w / Nilo	12:00 Minestrone Soup	11:00 CVS Shopping
Exercise w/ Barrie	12:00 Split Pea Soup	12:00 Butternut Squash Soup	Salisbury Steak w/gravy	12:00 Lentil Soup
11:00 Trader Joe's	Stuffed Shells	Loin of Pork w/gravy	12:45 Yoga/Balance – Sandye	Spinach and Cheese Frittata
12:00 White Bean Soup	12:45 Yoga w/ Ann	12:45 Exercise	1:00 Snowman Measuring	12:45 Yoga/Balance – Sandye
Hamburger w/ French Fries	12:45 Bingo	1:00 Bingo & Billiards	Stick Craft	1:00 Harmony Health ED
1:00 Tai Chi w/Joseph	1:00 Billiards, Card Games &		1:00 Billiards, Card Games &	<u>Polypharmacy</u>
	Rummikub		Rummikub	Taking Multiple Medications
16	17	18	19	20
10:00 Coffee, Tea & Socialize				
11:00 Arthritis Foundation	10:45 Exercise w/ Sandra	10:30 Bingo	10:45 Exercise w/Nick	10:45 Line Dancing / Marilyn
Exercise w/ Barrie	Bingo	11:00 Zumba w / Nilo	12:00 Corn Chowder	11:00 Dollar Store
11:00 Stop & Shop	12:00 Lentil Soup	12:00 Roast Turkey w/gravy	Breaded Fish	12:00 Cream of Broccoli Soup
12:00 Vegetable Soup	Jumbo Ravioli w/meat sauce	& cranberry sauce	12:45 Yoga/Balance – Sandye	Veggie Burger/ L&T on Bun
Beef Burrito	12:45 Yoga w/ Ann	,	1:00 Movie- Wolfs	12:45 Yoga/Balance - Sandye
1:00 Tai Chi w/Joseph	1:00 Left/Center/Right	Big	1:00 Billiards, Card Games &	1:00 Billiards, Card Games &
2 I	w/ Nick	Christmao .	Rummikub	Rummikub
	1:00 Billiards, Card Games &	* . Party *		
	Rummikub	*********		

Monday	Tuesday	Wednesday	Thursday	Friday
23 10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Trader Joe's 12:00 Chicken Rice Soup Pot Roast w/ gravy 1:00 Tai Chi w/Joseph	CLOSED December 24th & 25th	25 Merry Ouristmas SORRY WE ARE CLOSED ON CHRISTMAS	26 10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Cream of Mushroom Soup Swedish Meatballs w/ gravy 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub	27 10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 CVS Shopping 12:00 Minestrone Soup Baked Ziti Florentine 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub
30 10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Corn Chowder Soup Beef Taco w/lettuce, tomato & cheese on Tortilla 1:00 DIY Gnomes Stand 1:00 Tai Chi w/Joseph	31 10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Split Pea Soup Stuffed Shells 12:45 Yoga w/ Ann 12:45 Bingo 1:00 Billiards, Card Games & Rummikub			



Hours of Operation: 8:30 am – 3:30 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting: Friday 20th

Birthdays Celebration: Thursday 19th

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