

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">23</p> <p>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</p>	<p style="text-align: right;">24</p> 	<p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> <p>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</p>	<p style="text-align: right;">27</p> <p>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</p>
<p style="text-align: right;">30</p> <p>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</p>	<p style="text-align: right;">31</p> <p>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</p>			



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

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.