

December 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

<p>2</p>	<p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Beef Stew with Potatoes 12:30 – Bingo  1:00 – Card Games 3</p>	<p>4</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Spaghetti and Meatballs 12:30 PM Bingo </p>	<p>5</p> <p>10:00- Exercise w/Marvin  12:00 Noon Breaded Fish with Tartar Sauce 1:00- Bingo/Card Games</p>	<p>6</p>
<p>9</p>	<p>10</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Stuffed Shells with Marinara 12:30 – Bingo  1:00 – Card Games 3</p>	<p>11</p> <p>11:00AM Cornell University Nutrition Program 12:00PM Noon Loin of Pork with Gravy 12:30 PM Bingo </p>	<p>12</p> <p>10:00- Exercise w/Marvin  12:00 Noon Salisbury Steak with Gravy 1:00- Bingo/Card Games</p>	<p>13</p>
<p>16</p>	<p>17</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Jumbo Ravioli with Meat Sauce 12:30 – Bingo  1:00 – Card Games 3</p>	<p>18</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Roast Turkey with Gravy 12:30 PM Bingo </p>	<p>19</p> <p>10:00- Exercise w/Marvin  12:00 Noon Breaded Fish with Tartar Sauce 1:00- Bingo/Card Games</p>	<p>20</p>

Monday

Tuesday

Wednesday

Thursday

Friday

23	24 Closed for Christmas	25 Christmas Day Closed	26 Closed for Christmas	27
30	31 10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Stuffed Shells 12:30 – Bingo  1:00 – Card Games 3			



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 10AM-2PM

Meals suggested contribution: \$3.00

Transportation suggested contribution:

Exercise suggested contribution: \$2.00

Site Council Meeting: 1st Thursday

Birthdays Celebration: Last Thursday

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.