

December 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</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>3</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM NOODLE SOCCER</p>	<p>4</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 SCULPTURE CLASS W/VERONICA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>5</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10AM YOGA W/SANDYE</p> <p>11AM WRAPPING PAPER BOWS W/ ISO & HEATHER</p> <p>12PM LUNCH IS SERVED</p> <p>12:30PM DOLLAR TREE SHOPPING TRIP</p> <p><i>*Andrea off, NO Zumba</i></p>	<p>6</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:00AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>1PM CRAFTS: SNOW GLOBES WITH A TWIST!</p>
<p>9</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>11AM HOLIDAY CENTERPIECE WORKSHOP BY AWILDA</p> <p>*LIMITED SEATING, MUST RSVP</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p> <p><i>*Pat off, NO Tai Chi</i></p>	<p>10</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM NUTRITION ED CLASS: FOOD SAFETY BINGO</p>	<p>11</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 SCULPTURE CLASS W/VERONICA</p> <p>11AM BONE HEALTH & FALL PREVENTION W/ SYBIL, HARMONY HEALTH</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>12</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10AM YOGA W/SANDYE</p> <p>11AM PRESENTATION: NYS OMBUDSMEN PROGRAM BY ANN MARIE</p> <p>12PM LUNCH IS SERVED</p> <p>1PM ZUMBA W/ ANDREA</p>	<p>13</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:00AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>1PM GAME TIME W/ WADE</p>
<p>16</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>17</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM HOLIDAY TIKTOK GAMES!</p>	<p>18</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 SCULPTURE CLASS W/VERONICA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>19</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</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>20</p> <p>9-10AM BREAKFAST</p> <p>10:00AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>12:15PM BIRTHDAY CAKE</p> <p>12PM – 2:30PM</p> <p><i>Holiday Party</i> </p> <p>w/ MUSICAL GUEST</p> <p>SING, DANCE & KICK OFF THE HOLIDAYS WITH FRIENDS</p>

Monday

Tuesday

Wednesday

Thursday

Friday

23
ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!
9-10AM BREAKFAST
10AM COMHPS ACTIVITY W/ DEBRA, CHARLES EVANS
12PM LUNCH IS SERVED
1PM EXERCISE W/MARVIN
**Pat off, NO Tai Chi*

Christmas Eve
CENTER CLOSED
 SENIOR CENTER OFFICE
 OPEN 8AM – 1PM

Merry Christmas
CENTER CLOSED
 Happy Hanukkah


26
ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING
9-10AM BREAKFAST
10AM YOGA W/SANDYE
12PM LUNCH IS SERVED
1PM ZUMBA W/ ANDREA


27
ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!
9-10AM BREAKFAST
10:00AM BINGO!
12PM LUNCH IS SERVED
1PM CHAIR VOLLEYBALL

30
ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!
9-10AM BREAKFAST
10AM SITE COUNCIL MTG
11AM TAI CHI W/ PAT
12PM LUNCH IS SERVED
1PM EXERCISE W/MARVIN

31
New Year's Eve
CENTER CLOSED
 SENIOR CENTER OFFICE
 OPEN 8AM – 1PM

“Blessed is the season which engages the whole world in a conspiracy of love”

-Hamilton Wright Mabie




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: **December 20, 2024**

Site Council Meeting: **December 30, 2024**

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

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