

January 2025

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

<p>2025 is a blank book...</p>				<p>1</p>	<p>2</p>	<p>3</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>10AM LINK-AGE MEETING</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>		<p>7</p>		<p>8</p>		<p>9</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 VOLLEYBALL!</p>		<p>13</p>		<p>14</p>		<p>15</p>	
<p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10AM LINK-AGE MEETING</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>		<p>13</p>		<p>14</p>		<p>15</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>16</p>		<p>17</p>		<p>18</p>	
<p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:00AM BINGO!</p> <p>11AM CARDIO W/ CATHY</p> <p>12PM LUNCH IS SERVED</p> <p>1PM GAME TIME W/ WADE</p>		<p>16</p>		<p>17</p>		<p>18</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>16</p>		<p>17</p>		<p>18</p>	
<p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:00AM BINGO!</p> <p>11AM CARDIO W/ CATHY</p> <p>12PM LUNCH IS SERVED</p> <p>12:30PM DOLLAR TREE SHOPPING TRIP!</p>		<p>16</p>		<p>17</p>		<p>18</p>	



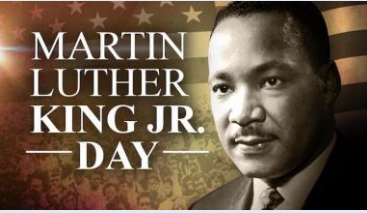
Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">20</p>  <p style="text-align: center;">CENTER CLOSED</p>	<p style="text-align: right;">21</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10:30 EXERCISE W/VICTORIA 12PM LUNCH IS SERVED 1PM THE LAWN GAME CHALLENGE</p>	<p style="text-align: right;">22</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10:30 SCULPTURE CLASS W/VERONICA 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN</p>	<p style="text-align: right;">23</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10AM YOGA W/SANDYE 11AM COMHPS ACTIVITY W/ DEBRA, CHARLES EVANS 12PM LUNCH IS SERVED 1PM ZUMBA W/ ANDREA</p>	<p style="text-align: right;">24</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10:00AM BINGO! 12PM LUNCH IS SERVED 12:15PM BIRTHDAY CAKE 12:30PM JAZZ SESSION W/ NAPOLEON REVELS-BEY</p> 
<p style="text-align: right;">27</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10AM LINK-AGE MEETING 11AM TAI CHI W/ PAT 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN</p>	<p style="text-align: right;">28</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10:30 EXERCISE W/VICTORIA 12PM LUNCH IS SERVED 12:30PM MICHAEL'S ARTS & CRAFTS SHOPPING TRIP</p>	<p style="text-align: right;">29</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10AM SITE COUNCIL MTG 10:30 SCULPTURE CLASS W/VERONICA 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN</p>	<p style="text-align: right;">30</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10AM YOGA W/SANDYE 12PM LUNCH IS SERVED 1PM ZUMBA W/ ANDREA</p>	<p style="text-align: right;">31</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST 10:00AM BINGO! 12PM LUNCH IS SERVED 1PM VOLLEYBALL!</p>



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: January 24, 2025

Site Council Meeting: January 29, 2025

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

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