

January 2025

**Herricks Senior Community Service Center
999 Herricks Rd, New Hyde Park, NY 11040
(516) 305-8976**



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

		1	2	3
HAPPY, HEALTHY NEW YEAR TO ALL	Carol, Angela, Lynn, Kim and Joyce WELCOME YOU To Herricks Senior Center	PROGRAM CLOSED HAPPY NEW YEAR	PROGRAM CLOSED	10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:30 Lunch Hot: Chicken Francaise Cold: Seafood Salad/tortilla w/L/T 12:45 Tai Chi w/ Joe
6 9:00 Adelphi Nurses 9:15 Line Dancing w/ Amy 10:15 Herricks Singers w/ Frank 11:30 Lunch Hot:Chicken Piccata Cold: Seafood Salad/tortilla/L/T 12:45 Arthritis Exercise with Barrie	7 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Beef Burrito Cold: Sliced Turkey on Rye w/ L/T 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga w/ Dhara	8 PROGRAM CLOSED	9 PROGRAM CLOSED	10 10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:30 Lunch Hot: Roast Turkey Cold: Egg Salad on wheat w/ L/T 12:45 Tai Chi w/ Joe
13 9:00 Adelphi Nurses 9:15 Line Dancing w/ Amy 10:15 Herricks Singers w/ Frank 11:30 Lunch Hot: Swedish Meatballs over pasta Cold: Sliced Turkey/Rye/L/T 12:45 Arthritis Exercise w/ SUB ?	14 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Ravioli w/ marinara sauce Cold: Seafood Salad /tortilla w/ L/T 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga w/ SUB ?	15 PROGRAM CLOSED	16 PROGRAM CLOSED	17 10:00 Chair Yoga w/ SUB ? 10:00 Canasta 11:00 Birthday Celebration 11:30 Lunch Hot: Chicken Burrito Cold: Chicken Salad/tortilla w/L/T 12:45 Tai Chi w/ Joe

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
PROGRAM CLOSED Martin Luther King Jr. Day	9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Beef Stew over Rice Cold: Chicken Salad/tortilla W L/T 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga w/ SUB ?	PROGRAM CLOSED	PROGRAM CLOSED	10:00 Chair Yoga w/ SUB? 10:00 Canasta 11:00 Laurie on piano 11:30 Lunch Hot: Chicken Fajitas w/ peppers/onions Cold: Tuna Salad/Rye w/L/T 12:45 Tai Chi w/ Joe
27	28	29	30	31
9:00 Adelphi Nurses 9:15 Line Dancing w/ Amy 10:15 Herricks Singers w/ Frank 11:30 Lunch Hot: Chicken Francaise Cold: Tuna Salad/Rye w/L/T 12:45 Arthritis Exercise with Barrie	9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Baked Ziti w/ Eggplant Rollatini Cold: Sliced Ham & Cheese on Rye w/L/T 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga w/ Dhara	PROGRAM CLOSED	PROGRAM CLOSED	10:00 Chair Yoga w/ Dhara 10:00 Canasta 11:30 Lunch Hot: Pot Roast w/ gravy Cold: Egg Salad/wheat w/ L/T 12:45 Tai Chi w/ Joe



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

WELCOME TO HERRICKS SCSC !! ENTER Door #10 on TALBOT ST. Ring the doorbell on brick wall to the left of Door #10. We are nondenominational open to seniors (60+) residing in Nassau County. **HOURS** of Program: Monday, Tuesday, Friday 9:00-2:00. Staff 9-3

LUNCH: \$3.00 suggested contribution each meal. Avoid the waitlist by registering for lunch 4-5 days in advance either in person or by calling 305-8976. Vegetarian meals available upon advanced request.

EXERCISE/CREATIVE CLASSES: \$2.00 suggested contribution each class. **TRANSPORTATION:** \$2.00 suggested contribution ROUND TRIP from home to center from Albertson, Williston Park, East Williston, Garden City Park, Mineola, New Hyde Park, Searingtown & Roslyn

Site Council Friday 1/3 at 11:00; Birthday Celebration Friday 1/17 at 11:00; Laurie on piano Friday 1/24 at 11:00