

**January 2025**

**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

|  |  | 1   | 2  | 3   |
|--|--|---|--|---|
|  |  |   | 10:00 Coffee, Tea & Socialize<br>10:45 Exercise w/Nick<br>12:00 Vegetable Bean Soup<br>MeatLoaf<br>12:45 Exercise Sub<br><b>Movie- The Fall Guy</b><br>1:00 Billiards, Card Games &<br>Rummikub  | 10:00 Coffee, Tea & Socialize<br>10:45 Line Dancing / Marilyn<br>11:00 <b>Dollar Store</b><br>12:00 Lentil Soup<br>Chicken Francaise<br>12:45 Exercise Sub<br><b>Movie- The Fall Guy</b><br>1:00 Billiards, Card Games &<br>Rummikub                  |
| 6  | 7  | 8   | 9  | 10  |
| 10:00 Coffee, Tea & Socialize<br>11:00 Arthritis Foundation<br>Exercise w/ Barrie<br>11:00 <b>Trader Joe's</b><br>12:00 Lentil Soup<br>Chicken Piccata<br>1:00 Tai Chi w/Joseph                            | 10:00 Coffee, Tea & Socialize<br>10:45 Exercise w/ Sandra<br><b>Bingo</b><br>11:00 <b>Health Assessment w/<br/>                   Nurse Barbara</b><br>12:00 Chicken Noodle Soup<br>Beef Burrito w/ cheese<br>12:45 Exercise<br>1:00 <b>Left/Center/Right<br/>                   w/ Nick</b> | 10:00 Coffee, Tea & Socialize<br>10:30 <b>Bingo</b><br>11:00 Zumba w / Nilo<br>12:00 Corn Chowder<br>Breaded Chicken Cutlet<br>12:45 Yoga w/ Dhara<br>1:00 <b>Bingo &amp; Billiards</b> | 10:00 Coffee, Tea & Socialize<br>10:45 Exercise w/Nick<br>12:00 Vegetable Bean Soup<br>Stuffed Shells w/ Marinara<br>Sauce over Spinach<br>12:30 <b>Chat &amp; Craft w /Debra</b><br>12:45 Yoga/Balance – Sandye<br>1:00 Billiards, Card Games &<br>Rummikub                   | 10:00 Coffee, Tea & Socialize<br>10:45 Line Dancing / Marilyn<br>11:00 <b>CVS Shopping</b><br>12:00 Split Pea Soup<br>Roast Turkey w/Gravy,<br>Stuffing, & Cranberry Sauce<br>12:45 Yoga/Balance – Sandye<br>1:00 Billiards, Card Games &<br>Rummikub |
| 13   | 14   | 15  | 16   | 17  |
| 10:00 Coffee, Tea & Socialize<br>11:00 Arthritis Foundation<br>Exercise w/ Barrie<br>11:00 <b>Stop &amp; Shop</b><br>12:00 Potato Chowder Soup<br>Swedish Meatballs<br>over Pasta<br>1:00 Tai Chi w/Joseph | 10:00 Coffee, Tea & Socialize<br>10:45 Exercise w/ Sandra<br>Bingo<br>12:00 Minestrone Soup<br>Ravioli w/ Marinara Sauce<br>12:45 Yoga w/ Ann<br>12:45 Bingo<br>1:00 Billiards, Card Games &<br>Rummikub   | 10:00 Coffee, Tea & Socialize<br>10:30 <b>Bingo</b><br>11:00 Zumba w / Nilo<br>12:00 Lentil Soup<br>Pork Loin w/Gravy<br>12:45 Yoga w/ Dhara<br>1:00 <b>Bingo &amp; Billiards</b>       | 10:00 Coffee, Tea & Socialize<br>10:00 <b>Mount Sinai<br/>                   Vaxmobile/Health Screening</b><br>10:45 Exercise w/Nick<br>12:00 Cream of Broccoli Soup<br>Breaded Fish w/Tartar Sauce<br>12:45 Yoga/Balance – Sandye<br>1:00 Billiards, Card Games &<br>Rummikub | 10:00 Coffee, Tea & Socialize<br>10:45 Line Dancing / Marilyn<br>11:00 <b>Dollar Store</b><br>12:00 Corn Chowder Soup<br>Chicken Burrito<br>12:45 Yoga/Balance - Sandye<br>1:00 Billiards, Card Games &<br>Rummikub                                   |

Monday

Tuesday

Wednesday

Thursday

Friday

|  |   |  |  |   |
|--|---|--|--|---|
| <p style="text-align: right;">20</p>    | <p style="text-align: right;">21</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 10:45 Exercise w/ Sandra<br/> <b>Bingo</b><br/> 12:00 Split Pea Soup<br/> Beef Stew over Brown Rice<br/> 12:45 Exercise<br/> 1:00 <b>Left/Center/Right w/ Nick</b></p>   | <p style="text-align: right;">22</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 10:30 <b>Bingo</b><br/> 11:00 Zumba w / Nilo<br/> 12:00 Lentil Soup<br/> Penne a La Vodka w/<br/> Grilled Chicken<br/> 12:45 Yoga w/ Dhara<br/> 1:00 <b>Bingo &amp; Billiards</b></p> | <p style="text-align: right;">23</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 10:45 Exercise w/Nick<br/> 12:00 Potato Chowder Soup<br/> Hamburger w/ Cheese<br/> on a Bun w/ L &amp; T<br/> 12:45 Yoga/Balance – Sandye<br/> 1:00 <b>Wind Chime Craft</b><br/> 1:00 Billiards, Card Games &amp;<br/> Rummikub</p> | <p style="text-align: right;">24</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 10:45 Line Dancing / Marilyn<br/> 11:00 <b>CVS Shopping</b><br/> 12:00 Vegetable Soup<br/> Chicken Fajitas w/<br/> Peppers &amp; Onions<br/> 12:45 Yoga/Balance – Sandye<br/> 1:00 Billiards, Card Games &amp;<br/> Rummikub</p> |
| <p style="text-align: right;">27</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 11:00 Exercise / Sub<br/> 11:00 <b>Stop &amp; Shop</b><br/> 12:00 Split Pea Soup<br/> Chicken Francese<br/> 1:00 Tai Chi w/Joseph</p> | <p style="text-align: right;">28</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 10:45 Exercise w/ Sandra<br/> <b>Bingo</b><br/> 12:00 Vegetable Barley Soup<br/> Baked Ziti w/<br/> Eggplant Rollatini<br/> 12:45 Yoga w/ Ann<br/> 12:45 Bingo<br/> 1:00 Billiards, Card Games &amp;<br/> Rummikub</p> | <p style="text-align: right;">29</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 10:30 <b>Bingo</b><br/> 11:00 Zumba w / Nilo<br/> 12:00 Potato Chowder Soup<br/> Pork Loin w/Gravy<br/> 12:45 Yoga w/ Dhara<br/> 1:00 <b>Bingo &amp; Billiards</b></p>                | <p style="text-align: right;">30</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 10:45 Exercise w/Nick<br/> 12:00 Minestrone Soup<br/> Stuffed Peppers<br/> 12:45 Yoga/Balance – Sandye<br/> 1:00 Billiards, Card Games &amp;<br/> Rummikub</p>  | <p style="text-align: right;">31</p> <p>10:00 Coffee, Tea &amp; Socialize<br/> 10:45 Line Dancing / Marilyn<br/> 11:00 <b>Dollar Store</b><br/> 12:00 Cream of Broccoli Soup<br/> Pot Roast w/ Gravy<br/> 12:45 Yoga/Balance - Sandye<br/> 1:00 Billiards, Card Games &amp;<br/> Rummikub</p>                   |



**BRUCE A. BLAKEMAN**  
**NASSAU COUNTY EXECUTIVE**

Hours of Operation: 08:30 am – 03:30 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting: Friday 31st

Birthdays Celebration: Thursday 23rd

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.  
PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &  
EXERCISE CLASSES.