

January 2025
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

			1	2	3
6	7	8	9	10	
13	14	15	16	17	

10:30AM- Sewing Class
w/Caroline Gregory
12PM Noon
Beef Burrito w/Shredded
Cheese

12:30 – Bingo



1:00 – Card Games

10:30AM
Crochet Class w/Regina
Kilpatrick
12:00PM Noon
Breaded Chicken w/Gravy

12:30 PM Bingo



10:00- Exercise w/Marvin



12:00 Noon
Stuffed Shells

1:00- Bingo/Card Games

10:30AM- Sewing Class
w/Caroline Gregory
12PM Noon
Ravioli w/Marinara Sauce

12:30 – Bingo



1:00 – Card Games

10:30AM
Crochet Class w/Regina
Kilpatrick
12:00PM Noon
Pork Loin w/Gracy

12:30 PM Bingo



10:00- Exercise w/Marvin



12:00 Noon
Breaded Fish with Tartar
Sauce

1:00- Bingo/Card Games

Monday

Tuesday

Wednesday

Thursday

Friday

<p>20</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Beef Stew with Potatoes 12:30 – Bingo  1:00 – Card Games</p>	<p>21</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Penne A La Vodka/w Grilled Chicken 12:30 PM Bingo </p>	<p>22</p> <p>10:00- Exercise w/Marvin  12:00 Noon Hamburger w/Cheese on a Bun 1:00- Bingo/Card Games</p>	<p>23</p> <p>10:00- Exercise w/Marvin  12:00 Noon Stuffed Peppers 1:00- Bingo/Card Games</p>	<p>24</p>
<p>27</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Baked Ziti 12:30 – Bingo  1:00 – Card Games</p>	<p>28</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Pork Loin w/Gravy 12:30 PM Bingo </p>	<p>29</p> <p>10:00- Exercise w/Marvin  12:00 Noon Stuffed Peppers 1:00- Bingo/Card Games</p>	<p>30</p>	<p>31</p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 10AM-2PM

Meals suggested contribution: \$3.00

Site Council Meeting: January 30, 2025

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