

February 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

3	<p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Breaded Chicken Cutlet w/gravy 12:30 – Bingo  1:00 – Card Games</p>	4	5	<p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Pork Loin w/gravy 12:30 PM Bingo </p>	6	<p>10:00- Exercise w/Marvin  12:00 Noon Swedish Meatballs with Brown Gravy 1:00- Bingo/Card Games</p>	7
10	<p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Sausage and Peppers with Onions 12:30 – Bingo  1:00 – Card Games</p>	11	12	<p>11:00AM Cornell University Nutrition Program 12:00PM Noon Stuff Shells w/Marinara Sauce 12:30 PM Bingo </p>	13	<p>10:00- Exercise w/Marvin  12:00 Noon Hamburger on a Bun W/L & T Ketchup 1:00- Bingo/Card Games</p>	14

Monday

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Thursday

Friday

<p>17</p>	<p>18</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Open Face Roast Turkey on Rye with Gravy 12:30 – Bingo  1:00 – Card Games</p>	<p>19</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Chicken Francese 12:30 PM Bingo </p>	<p>20</p> <p>10:00- Exercise w/Marvin  12:00 Noon Spaghetti and Meatballs 1:00- Bingo/Card Games</p>	<p>21</p>
<p>24</p>	<p>25</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Beef Taco w/Shredded Cheese, Lettuce and Tomato 12:30 – Bingo  1:00 – Card Games</p>	<p>26</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Greek Salad Plate w/Grilled Chicken 12:30 PM Bingo </p>	<p>27</p> <p>10:00- Exercise w/Marvin  12:00 Noon Baked Ziti with Egg Plant 1:00- Bingo/Card Games</p>	<p>28</p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 10AM – 2PM

Meals suggested contribution: \$4.00

Exercise suggested contribution: \$2.00

Site Council Meeting: Feb 27

Birthdays Celebration: Feb 27

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