

**February 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>3</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM RAISIN BRAN AND YOGURT PARFAIT 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 10AM LINK-AGE MEETING HELD IN FELLOWSHIP ROOM 12PM BEEF STEW OR CHICKEN SALAD 1PM EXERCISE W/MARVIN</p>	<p>4</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM VEGGIE FRITTATA W/ CHEDDAR BISCUIT 10AM- 2PM MOLLOY NURSE STUDENT VOLUNTEERS 10:30AM EXERCISE W/VICTORIA 12PM CHICKEN CUTLET OR HAM ON RYE 1PM VALENTINE'S CRAFTS W/ MOLLOY STUDENTS</p>	<p>5</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM OATMEAL AND CORNBREAD 10:30 SCULPTURE CLASS W/VERONICA 12PM PORK LOIN OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN</p>	<p>6</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM SCRAMBLED EGGS W/ CHEESE 10AM YOGA W/SANDYE 12PM SWEDISH METBALLS OR EGG SALAD 1PM NOODLE SOCCER <i>Andrea OFF – No Zumba</i></p>	<p>7</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM FRENCH TOAST AND CHICKEN SAUSAGE 10:00AM BINGO! 11AM CARDIO W/ CATHY 12PM RAVIOLI W/ MEAT SAUCE OR TUNA SALAD 1PM GAME TIME W/ WADE</p>
<p>10</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM YOGURT PARFAIT AND CORNBREAD 10AM LINK-AGE MEETING HELD IN FELLOWSHIP ROOM 11AM TAI CHI W/ PAT 12PM MEATLOAF OR TUNA SALAD 1PM EXERCISE W/MARVIN</p>	<p>11</p> <p>9-10AM WHOLE GRAIN FRENCH TOAST W/ CHICKEN SAUSAGE 10AM- 2PM MOLLOY NURSE STUDENT VOLUNTEERS 12PM SAUSAGE &amp; PEPPERS OR CHICKEN SALAD 12PM - 2PM HEARTS IN HARMONY PARTY WITH THE BAY CITY RAMBLERS</p> 	<p>12</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM MAPLE GRITS &amp; CHEDDAR BISCUIT 10:30 SCULPTURE CLASS W/VERONICA 12PM STUFFED SHELLS OR SLICED TURKEY ON RYE 1PM EXERCISE W/MARVIN</p>	<p>13</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM SPINACH &amp; SWISS FRITTATA 10AM YOGA W/SANDYE 12PM HAMBURGER OR SEAFOOD SALAD 1PM ZUMBA W/ ANDREA</p>	<p>14</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</b> 9-10AM OATMEAL AND BANANA BREAD 10:30AM BINGO! 12PM POT ROAST OR EGG SALAD 1PM CHAIR VOLLEYBALL ♥ HAPPY Valentine's DAY ♥</p>

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
 <p><b>CENTER CLOSED</b></p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM SPINACH &amp; SWISS EGG WHITES  <b>10:30AM EXERCISE W/VICTORIA</b>            12PM ROASTED TURKEY OR TUNA SALAD  <b>1PM TRIP TO TRADER JOE'S</b></p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM PANCAKES AND CHICKEN SAUSAGE  <b>9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA</b>  <b>10:30 SCULPTURE CLASS W/VERONICA</b>            12PM CHICKEN FRANCESE OR CHICKEN SALAD  <b>1PM EXERCISE W/MARVIN</b></p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM VEGGIE &amp; SWISS FRITTATA  <b>10AM YOGA W/SANDYE</b>            12PM SPAGHETTI &amp; MEATBALLS OR HAM &amp; CHEESE ON RYE  <b>1PM ZUMBA W/ ANDREA</b></p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM CHEESE GRITS AND CORN BREAD  <b>10:00AM BINGO!</b>  <b>11AM CARDIO W/ CATHY</b>            12PM CHICKEN IN TOMATO SAUCE OR SEAFOOD SALAD  <b>12:30PM BIRTHDAY CAKE</b>  <b>1PM HORSE RACE</b></p>
24	25	26	27	28
<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM YOGURT PARFAIT AND BANANA BREAD  <b>10AM LINK-AGE MEETING HELD IN FELLOWSHIP ROOM</b>            12PM CHICKEN PARMIGIANA OR SEAFOOD SALAD  <b>1PM EXERCISE W/MARVIN</b></p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM HAM &amp; CHEESE SLIDERS AND HASH BROWN  <b>10AM- 2PM MOLLOY NURSE STUDENT VOLUNTEERS</b>  <b>10:30AM EXERCISE W/VICTORIA</b>            12PM BEEF TACO OR EGG SALAD  <b>1PM NUTRITION EDUCATION</b></p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM PASTINA SOUP AND CHEESE PITA  <b>10AM SITE COUNCIL MTG</b>  <b>10:30 SCULPTURE CLASS W/VERONICA</b>            12PM GRILLED CHICKEN GREEK SALAD OR TUNA SALAD  <b>1PM EXERCISE W/MARVIN</b></p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM BAGEL AND EGG SALAD  <b>10AM YOGA W/SANDYE</b>  <b>11AM COMHPS ACTIVITY W/ DEBRA, CHARLES EVANS</b>            12PM BAKED ZITI OR CHICKEN SALAD  <b>1PM ZUMBA W/ ANDREA</b></p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING!</i>            9-10AM PANCAKES AND YOGURT PARFAIT  <b>10:30AM BINGO!</b>            12PM BREADED FISH OR SLICED TURKEY ON RYE  <b>1PM NOODLE SOCCER</b></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: **February 21, 2025**

Site Council Meeting: **February 26, 2025**

**PLEASE CALL [516-623-2008](tel:516-623-2008) TO RESERVE MEALS, EXERCISE CLASSES & TRANSPORTATION.**

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