

February 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

<p style="text-align: right;">3</p> <p>10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Trader Joe's 12:00 Split Pea Soup Beef Stew w/ Potatoes & Carrots 1:00 Tai Chi w/Joseph</p>	<p style="text-align: right;">4</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 11:00 Health Assessment w/ Nurse Barbara 12:00 Tomato Rice Soup Breaded Chicken Cutlet w/ Gravy 12:45 Exercise 1:00 Left/Center/Right w/ Nick</p>	<p style="text-align: right;">5</p> <p>10:00 Coffee, Tea & Socialize 10:45 Bingo 11:00 Zumba w / Nilo 12:00 Chicken Noodle Soup Pork Loin w/ Gravy 12:45 Yoga w/ Dhara 12:45 Bingo & Billiards</p>	<p style="text-align: right;">6</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Cream of Broccoli Soup Swedish Meatballs w/Gravy 12:30 Movie 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub</p>	<p style="text-align: right;">7</p> <p>10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 CVS Shopping 12:00 Lentil Soup Jumbo Ravioli w/ Meat Sauce 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub</p>
<p style="text-align: right;">10</p> <p>10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Butternut Squash Soup Meatloaf w/Gravy 1:00 Tai Chi w/Joseph</p>	<p style="text-align: right;">11</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Lentil Soup Sausage & Peppers w/onions 12:45 Exercise 12:45 Bingo 1:00 Billiards, Card Games & Rummikub</p>	<p style="text-align: right;">12</p> <p>10:00 Coffee, Tea & Socialize 10:45 Bingo 11:00 Zumba w / Nilo 12:00 Minestrone Soup Stuffed Shells w/ marinara sauce 12:45 Yoga w/ Dhara 12:45 Bingo & Billiards</p>	<p style="text-align: right;">13</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Split Pea Soup Hamburger on a bun w/ L & T 12:30 Chat & Craft w/ Debra 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub</p>	<p style="text-align: right;">14</p> <p>10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 Dollar Store 12:00 Juice Pot Roast w/Gravy 12:30 Color me - Heart Frame 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & Rummikub</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">17</p> 	<p style="text-align: right;">18</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Vegetable Soup Open Face Roast Turkey on Rye w/Gravy 12:45 Exercise 1:00 Left/Center/Right w/ Nick</p>	<p style="text-align: right;">19</p> <p>10:00 Coffee, Tea & Socialize 10:45 Bingo 11:00 Zumba w / Nilo 12:00 Tomato Rice Soup Chicken Francese 12:45 Yoga w/ Dhara 12:45 Bingo & Billiards</p>	<p style="text-align: right;">20</p> <p>10:00 Coffee, Tea & Socialize 10:30 Mount Sinai Vaxmobile 10:45 Exercise w/Nick 12:00 Chicken Noodle Soup Spaghetti & Meatballs 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub</p>	<p style="text-align: right;">21</p> <p>10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 CVS Shopping 12:00 Potato Chowder Soup Chicken w/Tomato & Basil Sauce 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub</p>
<p style="text-align: right;">24</p> <p>10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Split Pea Soup Chicken Parmigiana 1:00 Tai Chi w/Joseph</p>	<p style="text-align: right;">25</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Lentil Soup Beef Taco w/ L & T, Cheese on Tortilla 12:45 Exercise 12:45 Bingo 1:00 Billiards, Card Games & Rummikub</p>	<p style="text-align: right;">26</p> <p>10:00 Coffee, Tea & Socialize 10:45 Bingo 11:00 Zumba w / Nilo 12:00 Cream of Broccoli Soup Greek Salad Plate w/ Grilled Chicken 12:45 Yoga w/ Dhara 12:45 Bingo & Billiards</p>	<p style="text-align: right;">27</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Minestrone Soup Baked Ziti w/ Eggplant Rollatini 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub <p style="text-align: center;">OPEN HOUSE</p> </p>	<p style="text-align: right;">28</p> <p>10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 Dollar Store 12:00 Tomato Rice Soup Breaded Fish w/ Tartar Sauce 12:30 Nutrition w /Khy Ee Heart Health 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & 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 21st

Birthdays Celebration: Thursday 20th

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