

March 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

<p>3</p>	<p>4</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Pork Loin w/Gravy 12:30 – Bingo  1:00 – Card Games 4</p>	<p>5</p> <p>11:00AM Cornell University Nutrition Program 12:00PM Noon Stuff Shells w/Marinara Sauce 12:30 PM Bingo </p>	<p>6</p> <p>10:00- Exercise w/Marvin  12:00 Noon Sausage and Peppers w/Marinara Sauce 1:00- Bingo/Card Games</p>	<p>7</p>
<p>10</p>	<p>11</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Chicken Picatta 12:30 – Bingo  1:00 – Card Games 4</p>	<p>12</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Beef Burrito with Shredded Cheese 12:30 PM Bingo </p>	<p>13</p> <p>10:00- Exercise w/Marvin  12:00 Noon Chicken Cordon Blue 1:00- Bingo/Card Games</p>	<p>14</p>
<p>17</p>	<p>18</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Stuffed Peppers (Rice and Beef) 12:30 – Bingo  1:00 – Card Games 4</p>	<p>19</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Chicken Parmigiana 12:30 PM Bingo </p>	<p>20</p> <p>10:00- Exercise w/Marvin  12:00 Noon Swedish Meatballs with Brown Gravy 1:00- Bingo/Card Games</p>	<p>21</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>24</p>	<p>25</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Pot Roast w/gravy 12:30 – Bingo</p>  <p>1:00 – Card Games 4</p>	<p>26</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Kielbasa with Sauerkraut 12:30 PM Bingo</p> 	<p>27</p> <p>10:00- Exercise w/Marvin</p>  <p>12:00 Noon Hamburger with L&T on a Bun 1:00- Bingo/Card Games</p>	<p>28</p>
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BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 10AM – 2PM

Meals suggested contribution: \$3.00

Transportation suggested contribution:

Exercise suggested contribution: \$2.00

Site Council Meeting: March 27

Birthdays Celebration: March 27

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.