

March 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>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM CHEERIOS & PARFAIT 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 10:30AM ST PATRICK'S CRAFTS 12PM PORK LOIN <u>OR</u> SEAFOOD SALAD 1PM EXERCISE W/MARVIN</p>	<p>4</p> <p>9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 10AM MY PLATE PRESENTATION 9-10AM VEGGIE FRITATTA 10:30AM AEROBICS W/ VICTORIA 12PM CHICKEN FRANCESE <u>OR</u> HAM & CHEESE SANDWICH 11:30AM – 2PM <i>Mardi Gras Party</i> w/ DJ BOB!</p> 	<p>5</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM OATMEAL AND MUFFIN 10:30 SCULPTURE CLASS W/ VERONICA 12PM BREADED FISH <u>OR</u> EGG SALAD 1PM EXERCISE W/MARVIN</p>	<p>6</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM CHEESE QUESADILLA 10AM YOGA W/SANDYE 11AM LINK-AGE MEETING HELD IN FELLOWSHIP ROOM 12PM SAUSAGE & PEPPERS <u>OR</u> TUNA SALAD SANDWICH 1PM ZUMBA W/ ANDREA</p>	<p>7</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM FRENCH TOAST W/CHICKEN SAUSAGE 10:00AM BINGO! 11AM CARDIO W/ CATHY 12PM BAKED EGGPLANT ZITI <u>OR</u> CHICKEN SALAD WRAP 1PM CHAIR VOLLEYBALL</p>
<p>10</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM YOGURT PARFAIT & CORNBREAD 11AM TAI CHI W/PAT 12PM MEATLOAF <u>OR</u> CHICKEN SALAD WRAP 1PM EXERCISE W/MARVIN</p>	<p>11</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9-10AM FRENCH TOAST & CHICKEN SAUSAGE 10:30AM AEROBICS W/VICTORIA 12PM CHICKEN PICATTA <u>OR</u> SLICED TURKEY SANDWICH 1PM SUGAR, CARBS & DIABETES PRESENTATION BY MOLLOY</p>	<p>12</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM CHEESE GRITS & HONEY BUSCUIT 10:30 SCULPTURE CLASS W/ VERONICA 12PM BEEF BURRITO <u>OR</u> SEAFOOD SALAD WRAP 1PM EXERCISE W/MARVIN</p>	<p>13</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM SPINACH & SWISS FRITTATA 10AM YOGA W/SANDYE 12PM CHICKEN CORDON BLEU <u>OR</u> EGG SALAD SANDWICH 1PM ZUMBA W/ ANDREA</p>	<p>14</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9-10AM OATMEAL, BANANA 10:00AM BINGO! 12PM VEGGIE BURGER <u>OR</u> TUNA SALAD SANDWICH 1PM YARD GAMES: CORNHOLE, GIANT JENGA, CONNECT 4 ...</p>
<p>17</p> <p>HAPPY ST. PATRICK'S DAY</p> <p>9-10AM BAGEL W/ CREAM CH. 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 11AM TAI CHI W/PAT 12PM CORNED BEEF & CABBAGE <u>OR</u> TUNA SANDWICH 1PM EXERCISE W/MARVIN</p> 	<p>18</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM EGG SLIDERS & HASH BROWN 10:30AM AEROBICS W/VICTORIA 12PM STUFFED PEPPERS <u>OR</u> CHICKEN SALAD WRAP 1PM GAME TIME W/ WADE</p>	<p>19</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM OATMEAL & BLUEBERRY MUFFIN 10:30 SCULPTURE CLASS W/ VERONICA 12PM CHICKEN PARM <u>OR</u> HAM & CHEESE SANDWICH 1PM EXERCISE W/MARVIN</p>	<p>20</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM FRENCH TOAST W/ CHICKEN SAUSAGE 10AM YOGA W/SANDYE 11AM COMHPS ACTIVITY W/ DEBRA, CHARLES EVANS 12PM SWEDISH MEATBALLS <u>OR</u> SEAFOOD SALAD WRAP 1PM ZUMBA W/ ANDREA</p>	<p>21</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING! 9-10AM CHEESE QUESADILLA 10:00AM BINGO! 11AM CARDIO W/ CATHY 12PM JUMBO RAVIOLI <u>OR</u> EGG SALAD 12:30PM BIRTHDAY CAKE 1PM HORSE RACE</p>

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
<p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM RAISIN BRAN AND YOGURT</p> <p>11AM TAI CHI W/PAT</p> <p>12PM CHICKEN STEW <u>OR</u> EGG SALAD SANDWICH</p> <p>1PM EXERCISE W/MARVIN</p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM PASTINA SOUP WITH SWISS PITA</p> <p>10:30AM EXERCISE W/VICTORIA</p> <p>12PM POT ROAST <u>OR</u> TUNA SALAD SANDWICH</p> <p>1PM NUTRITION EDUCATION: FOOD CONNECTS US</p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM BREAKFAST TACO</p> <p>10AM SITE COUNCIL MEETING</p> <p>10:30 SCULPTURE CLASS W/ VERONICA</p> <p>12PM KIELBASA& SAUERKRAUT <u>OR</u> CHICKEN SALAD WRAP</p> <p>12PM DISCOVERY LIVE TOUR: BORDEAUX, FRANCE</p> <p>1PM EXERCISE W/MARVIN</p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM CHEESE GRITS AND HONEY BISCUIT</p> <p>10AM YOGA W/SANDYE</p> <p>11AM DISCOVERY LIVE TOUR: MILAN, ITALY</p> <p>11AM LINK-AGE MEETING HELD IN FELLOWSHIP ROOM</p> <p>12PM HAMBURGER <u>OR</u> TURKEY SANDWICH</p> <p>1PM ZUMBA W/ ANDREA</p>	<p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM PANCAKES & COTTAGE CHEESE</p> <p>10:00AM BINGO!</p> <p>12PM STUFFED SHELLS <u>OR</u> SEAFOOD SALAD WRAP</p> <p>1PM NOODLE SOCCER</p>
31	<p>"Spring is nature's way of saying, 'Let's party!'"</p> <p>- Robin Williams</p>			
<p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM YOGURT PARFAIT & BANANA BREAD</p> <p>11AM TAI CHI W/PAT</p> <p>12PM STUFFED CHICKEN OR SEAFOOD SALAD WRAP</p> <p>1PM EXERCISE W/MARVIN</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: **March 21, 2025**

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

PLEASE CALL **516-623-2008** TO RESERVE MEALS, EXERCISE CLASSES & TRANSPORTATION.

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