

# March 2025

**Herricks Senior Community Service Center**  
**999 Herricks Rd, New Hyde Park, NY 11040**  
**(516) 305-8976**



# 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>9:00 Adelphi Nurses            9:15 <b>NO</b> Line Dancing <b>NO</b>            10:15 Herricks Singers w/ Frank            11:00 Nurses Presentations on Medication Compliance            11:30 Lunch Hot: Chicken Francese Cold:Ham/cheese/rye            12:45 Arthritis Exercise with Barrie</p>	<p style="text-align: right;">4</p> <p>9:30 Aerobics w/ Elaine            10:30 Bingo            11:30 Lunch Hot: Pork Loin Cold: Seafood Salad/tortilla            12-2 Ceramics/Painting w/Val            12:45 Chair Yoga w/ Connie</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">7</p> <p>9:00 Corn Hole, Horse shoes            Knock Hockey            10:00 <b>NO</b> Chair Yoga            10:00 Canasta            11:00 Nutrition Education            11:30 Lunch Hot: Baked Ziti w/Eggplant Rollatini Cold: Chicken salad/tortilla            12:45 Tai Chi w/ Joe</p>
<p style="text-align: right;">10</p> <p>9:15 Line Dancing w/ Amy            10:15 Herricks Singers w/ Frank            11:00 Site Council            11:30 Lunch Hot: Meatloaf Cold: Chicken Salad w/tortilla            12:45 Arthritis Exercise with Barrie</p>	<p style="text-align: right;">11</p> <p>9:30 Aerobics w/ Doris            10:30 Bingo            11:30 Lunch Hot: Chicken Picatta Cold: Sliced Turkey/Rye            12-2 Ceramics/Painting w/Val            12:45 Chair Yoga w/ Connie</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">14</p> <p>9:00 Corn Hole, Horse shoes            Knock Hockey            10:00 <b>NO</b> Chair Yoga            10:00 Canasta            11:30 Lunch Hot: Veggie Burger Cold: Tuna/Rye            12:45 Tai Chi w/ Joe</p>
<p style="text-align: right;">17</p> <p>HAPPY ST. PATRICK'S DAY            9:15 Line Dancing w/ Amy            10:15 Herricks Singers w/ Frank            11:30 Lunch Hot:Cornd Beef &amp; Cabbage Cold: Tuna on Rye            12:45 Arthritis Exercise with Barrie</p>	<p style="text-align: right;">18</p> <p>9:30 Aerobics w/ Doris            10:30 Bingo            11:30 Lunch Hot: Peppers stuffed w/Beef &amp; Rice Cold: Chicken Salad/tortilla            12-2 Ceramics/Painting w/Val            12:45 Chair Yoga w/ Connie</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">PROGRAM CLOSED</p>	<p style="text-align: right;">21</p> <p>9:00 Corn Hole, Horse shoes            Knock Hockey            10:00 <b>NO</b> Chair Yoga            10:00 Canasta            11:00 Birthday Entertainment            11:30 Lunch Hot: Ravioli w/ marinara Cold: Egg salad/wheat            12:45 Tai Chi w/ Joe</p>

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
9:15 OPEN HOUSE 9:15-2:00 9:15 Line Dancing w/ Amy 10:15 Herricks Singers w/ Frank 11:30 Lunch Hot: Chicken Stew w/carrot, onion, potato Cold: Egg Salad on wheat 12:45 Arthritis Exercise with Barrie	9:30 Aerobics w/ Doris 10:30 Bingo 11:30 Lunch Hot: Pot Roast Cold: Tuna on Rye 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga w/ Connie	PROGRAM CLOSED	PROGRAM CLOSED	9:00 Corn Hole, Horse shoes Knock Hockey 10:00 <b>NO</b> Chair Yoga 10:00 Canasta 11:00 Laurie on piano 11:30 Lunch Hot: Stuffed Shells w/ marinara over spinach Cold: Seafood Salad 12:45 Tai Chi w/ Joe
31				
9:15 <b>NO</b> Line Dancing <b>NO</b> 10:15 Herricks Singers w/ Frank 11:30 Lunch Hot: Chicken stuffed w/spinach/cheese Cold: Seafood Salad w/tortilla 12:45 Arthritis Exercise with Barrie		View Herricks SCSC calendar at <a href="http://www.herricks.org/more/community">www.herricks.org/more/ community</a>		Carol, Angela, Lynn, Kim and Joyce <b>WELCOME YOU</b> to Herricks Senior Center



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

**WELCOME TO HERRICKS SCSC !! ENTER** Door #10 on TALBOT ST. Ring the doorbell on brick wall to the left of Door #10. We are nondenominational open to seniors (60+) residing in Nassau County. **HOURS** of Program: Monday, Tuesday, Friday 9:00-2:00. Staff 9-3

**LUNCH:** \$3.00 suggested contribution each meal. Avoid the waitlist by registering for lunch 4-5 days in advance either in person or by calling 305-8976. Vegetarian meals available upon advanced request.

**EXERCISE/CREATIVE CLASSES:** \$2.00 suggested contribution each class. **TRANSPORTATION:** \$2.00 suggested contribution ROUND TRIP from home to center from Albertson, Williston Park, East Williston, Garden City Park, Mineola, New Hyde Park, Searingtown & Roslyn

**Nutrition Education Friday 3/7 at 11:00; Site Council Monday 3/10 11:00; Birthday Celebration Friday 3/21 at 11:00; Open House Monday 3/24 9:15-2:00; Laurie on piano Friday 3/28 at 11:00**