March 2025

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

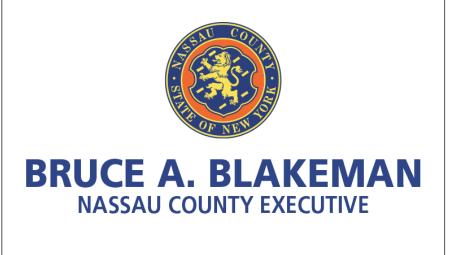


Nassau County Office for the Aging

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 |
|--|--|----------------|----------------|--|
| 9:00 Adelphi Nurses 9:15 NO Line Dancing NO 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 | 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 | PROGRAM CLOSED | PROGRAM CLOSED | 9:00 Corn Hole, Horse shoes Knock Hockey 10:00 NO 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 |
| 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 | 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 | PROGRAM CLOSED | PROGRAM CLOSED | 9:00 Corn Hole, Horse shoes Knock Hockey 10:00 NO Chair Yoga 10:00 Canasta 11:30 Lunch Hot: Veggie Burger Cold: Tuna/Rye 12:45 Tai Chi w/ Joe |
| HAPPY ST. PATRICK'S DAY 9:15 Line Dancing w/ Amy 10:15 Herricks Singers w/ Frank 11:30 Lunch Hot:Corned Beef & Cabbage Cold: Tuna on Rye 12:45 Arthritis Exercise with Barrie | 9:30 Aerobics w/ Doris 10:30 Bingo 11:30 Lunch Hot: Peppers stuffed w/Beef & Rice Cold: Chicken Salad/tortilla 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 NO 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 |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|----------------|---|
| 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 NO 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 |
| 9:15 NO Line Dancing NO 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 www.herricks.org/more/ community | | Carol, Angela, Lynn, Kim and Joyce WELCOME YOU to Herricks Senior Center |



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