

March 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

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 Chicken Francaise 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 Pork Loin 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 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Breaded Fish w/ Tartar Sauce 12:45 Exercise 1:00 Bingo & Billiards</p>	<p style="text-align: right;">6</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Sausage & Peppers w/ Marinara Sauce 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 Baked Ziti w/ Eggplant Rollatini 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 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 Chicken Picatta 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 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Corned Beef w/Cabbage & Mustard</p> 	<p style="text-align: right;">13</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Chicken Cordon Bleu (Ham & Cheese) 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 Veggie Burger w/ L&T on a bun 12:30 Nutrition w/ Khy Ee Food Connect Us... 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & Rummikub</p>
<p style="text-align: right;">17</p> <p>10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Trader Joe's 12:00 Beef Burrito w/ Cheese 1:00 Tai Chi w/Joseph</p> 	<p style="text-align: right;">18</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Stuffed Peppers (Rice & Beef) 12:45 Exercise 1:00 Left/Center/Right w/ Nick</p>	<p style="text-align: right;">19</p> <p>10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Chicken Parmigiana 12:45 Exercise 1:00 Wood Gnomes w/ sign craft class 1:00 Bingo & Billiards</p>	<p style="text-align: right;">20</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Swedish Meatballs w/ Brown Gravy 12:30 MOVIE 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 Jumbo Ravioli w/ Marinara Sauce 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub</p>

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Chicken Stew w/ Carrots, Onions & Potatoes 1:00 Tai Chi w/Joseph OPEN HOUSE	10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Pot Roast w/Gravy 12:45 Exercise 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Kielbasa w/ Sauerkraut 12:30 Molloy Students 12:45 Exercise w/ Cathy 1:00 Bingo & Billiards	10:00 Coffee, Tea & Socialize 10:30 Mount Sinai Vaxmobile 10:45 Exercise w/Nick 12:00 Hamburger w/ L & T on a Bun 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 Dollar Store 12:00 Stuffed Shells w/ Marinara Sauce over Spinach 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & Rummikub
31				
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Trader Joe's 12:00 Chicken Stuffed w/ Spinach & Cheese 1:00 Tai Chi w/Joseph				



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: March 18th

Birthdays Celebration: Thursday 20th

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