

April 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

	1 10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 11:00 Health Assessment w/ Nurse Barbara 12:00 Chicken Noodle Soup Swedish Meatballs w/ Gravy 12:45 Exercise Sandra 1:00 Left/Center/Right w/ Nick	2 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lentil Soup Open Face Turkey Sandwich on Rye w/ gravy 12:45 Exercise Sandra 1:00 Bingo & Billiards	3 10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Cream of Broccoli Penne a la Vodka w/ Grilled Chicken 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub	4 10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 CVS Shopping 12:00 Potato Chowder Breaded Fish w/ tartar sauce 12:45 Wood Spoon Bunny Craft 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub
7 10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Potato Chowder Chicken Francaise 12:30 Nutrition w/ Khy Ee Nutrition Myths vs. Facts 1:00 Tai Chi w/Joseph	8 10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Vegetable Barley Kielbasa w/ Sauerkraut 12:45 Exercise Sandra 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	9 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Split Pea Soup Chicken Burrito 12:45 Exercise Sandra 1:00 Bingo & Billiards	10 10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Lentil Soup Stuffed Shells w/ Marinara sauce over Spinach 12:30 Movie 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub	11 10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 Dollar Store 12:00 Chicken Noodle Veggie Burger on a Roll 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & Rummikub
14 10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Trader Joe's 12:00 Split Pea Soup Chicken Parmigiana 1:00 Tai Chi w/Joseph	15 10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Cream of Broccoli Roast Chicken w/ Gravy 12:45 Exercise Sandra 1:00 Left/Center/Right w/ Nick	16 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Chicken Noodle Soup Meatloaf w/ Gravy 12:45 Exercise Sandra 1:00 Bingo & Billiards	17 10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Lentil Soup Baked Ziti 12:30 Chat & Craft w/ Debra 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub	18 10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 CVS Shopping 12:00 Vegetable Barley Pot Roast w/ gravy

Monday	Tuesday	Wednesday	Thursday	Friday
<div>21</div> 	<div>22</div> 10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 Lentil Soup Sausage & Peppers 12:45 Exercise Sandra 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	<div>23</div> 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Split Pea Soup Baked Breaded Fish w/ tartar sauce 12:45 Exercise Sandra 1:00 Bingo & Billiards	<div>24</div> 10:00 Coffee, Tea & Socialize 10:30 Mount Sinai Vaxmobile 10:45 Exercise w/Nick 12:00 Vegetable Soup Pork Loin w/ gravy 12:30 CPR - Training 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub	<div>25</div> 10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 Dollar Store 12:00 Chicken Noodle Chili w/Beef & Beans 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & Rummikub
<div>28</div> 10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Minestrone Soup Jumbo Ravioli w/ marinara sauce 1:00 Tai Chi w/Joseph	<div>29</div> 10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra Bingo 12:00 White Bean Soup Hamburger on a Bun w/L & T 12:45 Exercise Sandra 1:00 Left/Center/Right w/ Nick	<div>30</div> 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 <u>Pizza &</u> <u>Ice Cream Social</u> 12:45 Exercise Sandra 1:00 Bingo & Billiards		



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: Wednesday 16th

Birthdays Celebration: Birthday Cake

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