

April 2025
Bethel AME Church
420 N Main St, Freeport, NY 11520
(516) 377-4469



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>1</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Swedish Meatballs with Brown Gravy 12:30 – Bingo</p>  <p>1:00 – Card Games 4</p>	<p>2</p> <p>11:00AM Cornell University Nutrition Program 12:00PM Noon Open Face Turkey Sandwich 12:30 PM Bingo</p> 	<p>3</p> <p>10:00- Exercise w/Marvin</p>  <p>12:00 Noon Penne A La Vodka with Grilled Chicken 1:00- Bingo/Card Games</p>	<p>4</p>
7	<p>8</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Kielbasa with Sauerkraut 12:30 – Bingo</p>  <p>1:00 – Card Games 4</p>	<p>9</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Chicken Burrito 12:30 PM Bingo</p> 	<p>10</p> <p>10:00- Exercise w/Marvin</p>  <p>12:00 Noon Stuffed Shells w/Marinara Sauce over Spinach 1:00- Bingo/Card Games</p>	<p>11</p>
14	<p>15</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Roast Chicken w/Gravy 12:30 – Bingo</p>  <p>1:00 – Card Games 4</p>	<p>16</p> <p>10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Meatloaf w/Gravy 12:30 PM Bingo</p> 	<p>17</p> <p>10:00- Exercise w/Marvin</p>  <p>12:00 Noon Baked Ziti 1:00- Bingo/Card Games</p>	<p>18</p>

Monday

Tuesday

Wednesday

Thursday

Friday

21	22	23	24	25
	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Sausage and Peppers 12:30 – Bingo  1:00 – Card Games 4	10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Baked Breaded with Tartar Sauce 12:30 PM Bingo 	10:00- Exercise w/Marvin  12:00 Noon Pork Loin w/Gravy 1:00- Bingo/Card Games	
28	29	30		
	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Hamburger on a Bun w L/T 12:30 – Bingo  1:00 – Card Games	10:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Chicken Marsala over Brown Rice 12:30 PM Bingo 		



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Hours of Operation: 10AM-2PM

Meals suggested contribution: \$3.00

Exercise suggested contribution: \$2.00

Site Council Meeting: 4/24/25

Birthdays Celebration: 4/24/25

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