

April 2025

**Freeport Senior Community Service Center
66 Church Street, Freeport, NY 11520
516-623-2008**



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><i>ALL DAY GAMES, COLORING, 1 WORD SEARCH & SOCIALIZING!</i> 9-10AM SWISS & VEGGIE FRITTATA 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM SWEDISH MEATBALLS OR EGG SALAD 1PM NUTRITION EDUCATION: MYTHS V FACTS</p>	<p><i>ALL DAY GAMES, COLORING, 2 WORD SEARCH & SOCIALIZING!</i> 9-10AM PASTINA SOUP W/ SWISS PITA WEDGE 10:30 SCULPTURE CLASS W/ VERONICA 12PM TURKEY SANDWICH OR TUNA SALAD 1PM EXERCISE W/MARVIN</p>	<p><i>ALL DAY GAMES, COLORING, 3 WORD SEARCH & SOCIALIZING!</i> 9-10AM YOGURT PARFAIT & CRANBERRY ORANGE BREAD 10AM YOGA W/SANDYE 11AM NC DEPT OF ASSESSMENT INFO SESSION W/ JOHN MCQUADE 12PM PENNE VODKA W/ GRILLED CHICKEN OR CHICKEN SALAD 1PM ZUMBA W/ ANDREA</p>	<p><i>ALL DAY GAMES, COLORING, 4 WORD SEARCH & SOCIALIZING!</i> 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9-10AM GRITS W/ CHEDDAR BISCUIT 10AM BINGO! 11AM CARDIO W/ CATHY 12PM BREADED FISH OR HAM & CHEESE ON RYE 1PM GAME TIME W/ WADE</p>
<p><i>ALL DAY GAMES, COLORING, 7 WORD SEARCH & SOCIALIZING!</i> 9-10AM YOGURT PARFAIT W/ BERRIES AND MUFFIN 9:30AM to 11:30AM HEALTH ASSESSMENT w/ BARBARA 11AM TAI CHI W/ PAT 12PM CHICKEN FRANCESE OR TUNA SALAD 1PM EXERCISE W/MARVIN</p>	<p><i>ALL DAY GAMES, COLORING, 8 WORD SEARCH & SOCIALIZING!</i> 9-10AM GRILLED SWISS & TOMATO ON WHOLE GRAIN 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM KIELBASA OR CHICKEN SALAD 12:30PM TRIP TO MICHAELS ARTS & CRAFTS</p>	<p><i>ALL DAY GAMES, COLORING, 9 WORD SEARCH & SOCIALIZING!</i> 9-10AM CINNAMON RAISIN OATMEAL 10:30 SCULPTURE CLASS W/ VERONICA 12PM CHICKEN BURRITO OR EGG SALAD 1PM EXERCISE W/MARVIN</p>	<p><i>ALL DAY GAMES, COLORING, 10 WORD SEARCH & SOCIALIZING!</i> 9-10AM CHEESE & BLACK BEAN QUESADILLA 10AM YOGA W/SANDYE 11AM LINK-AGE MEETING HELD IN FELLOWSHIP ROOM 12PM STUFFED SHELLS OVER SPINACH OR CHICKEN SALAD 1PM ZUMBA W/ ANDREA</p>	<p><i>ALL DAY GAMES, COLORING, 11 WORD SEARCH & SOCIALIZING!</i> 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9-10AM SWISS & VEGGIE FRITTATA W/ CORNBREAD 10:30AM BINGO! 12PM VEGGIE BURGER OR SEAFOOD SALAD 1:00PM BUNNY CRAFTS W/ MOLLOY STUDENTS</p>
<p>FAMILY & FRIENDS DAY 14 MUST RSVP W/ AWILDA <i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i> 9-10AM CHEERIOS & PEANUT BUTTER TOAST 10AM SUPERMARKET BINGO! 11AM TAI CHI W/ PAT 12PM CHICKEN PARM OR HAM & CHEESE SANDWICH 1PM EXERCISE W/MARVIN</p>	<p>9:00AM SWISS & TOMATO GRILLED CHEESE 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM ROASTED CHICKEN OR TUNA SALAD 12:00PM - 2:30PM <i>Spring Fling WITH JOHN WALTERS</i></p>	<p><i>ALL DAY GAMES, COLORING, 16 WORD SEARCH & SOCIALIZING!</i> 9-10AM YOGURT PARFAIT W/ BERRIES AND MUFFIN 10:30 SCULPTURE CLASS W/ VERONICA 12PM MEATLOAF W/ GRAVY OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN</p>	<p><i>ALL DAY GAMES, COLORING, 17 WORD SEARCH & SOCIALIZING!</i> 9-10AM SPINACH FRITTATA & HASH BROWNS 10AM YOGA W/SANDYE 11AM ROCK PAINTING CRAFTS 12PM BAKED ZITI OR EGG SALAD WRAP 1PM ZUMBA W/ ANDREA</p>	<p>CENTER CLOSED GOOD FRIDAY</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>21</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM YOGURT PARFAIT W/ BERRIES & MUFFIN</p> <p>9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM CHICKEN CUTLET W/ GRAVY OR SEAFOOD SALAD</p> <p>1PM EXERCISE W/MARVIN</p>	<p>22</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM FRENCH TOAST W/ CHICKEN SAUSAGE</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>12PM SAUSAGE & PEPPERS OR TURKEY SANDWICH</p> <p>1PM CHAIR VOLLEYBALL</p>	<p>23</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM CREAMY MAPLE OATMEAL & BRAN MUFFIN</p> <p>10:30 SCULPTURE CLASS W/ VERONICA</p> <p>11AM COMHPS ACTIVITY W/ DEBRA FROM CHARLES EVANS</p> <p>12PM BREADED FISH OR CHICKEN SALAD</p> <p>1PM EXERCISE W/MARVIN</p>	<p>24</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM EGG & CHEDDAR SLIDER</p> <p>10AM YOGA W/SANDYE</p> <p>11AM LINK-AGE MEETING HELD IN FELLOWSHIP ROOM</p> <p>12PM PORK LOIN W/ GRAVY OR TUNA SALAD</p> <p>1PM ZUMBA W/ ANDREA</p>	<p>25</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM PASTINA SOUP W/ SWISS PITA WEDGE</p> <p>10:30AM BINGO!</p> <p>12PM BEEF & BEANS CHILI OR EGG SALAD</p> <p>12:30PM BIRTHDAY CAKE</p> <p>1PM FRESH FLOWER CENTERPIECE DEMO & RAFFLE</p>
<p>28</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM RAISIN BRAN W/ ENGLISH MUFFIN & PB</p> <p>10AM SITE COUNCIL MEETING</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM JUMBO RAVIOLI OR SEAFOOD SALAD</p> <p>1PM EXERCISE W/MARVIN</p>	<p>29</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM VANILLA BEAN YOGURT W/ BLUEBERRIES</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>12PM HAMBURGER OR HAM & CHEESE SANDWICH</p> <p>1PM NOODLE SOCCER</p>	<p>30</p> <p><i>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</i></p> <p>9-10AM WH GRAIN PANCAKES W/ CHICKEN SAUSAGE</p> <p>10:30 SCULPTURE CLASS W/ VERONICA</p> <p>12PM CHICKEN MARSALA OR TUNA SALAD</p> <p>1PM EXERCISE W/MARVIN</p>	<p><i>"April is the month of rebirth, growth and renewal"</i></p> 	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

PROGRAM HOURS OF OPERATION: 8:30AM to 3:00PM

Office Hours 8:00AM to 4:00PM



SUGGESTED CONTRUBUTIONS:

Breakfast: **\$2.00**

Lunch: **\$3.00**

Exercise Classes/Support Services: **\$2.00**

Transportation: **\$1.00 per trip**

Transportation is available to and from the center for Senior Center clients living within a 3-mile radius of the center. Registration required.

Birthdays Celebration: **April 25, 2025**

Site Council Meeting: **April 28, 2025**

PLEASE CALL 516-623-2008 TO RESERVE MEALS, EXERCISE CLASSES & TRANSPORTATION.

Meal reservations must be made by 11:30AM TWO DAYS before
-INDIVIDUALS UNDER 60 YEARS OF AGE MUST PAY THE FULL COST OF EACH MEAL-