

## ***March Activities***

**Bethel Location: 420 N. Main St, Freeport 11520**

**516-377-4469**

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

***Nassau County Office for the Aging***

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Center closed on Mondays & Fridays	Lunch- 12 Noon AFEP (arthritis foundation exercise program- 11AM – 12 noon) 	Lunch- 12 Noon Indoor Tennis 10:30-11:30 every Wednesday Bingo- 1PM-2-PM every Wednesday 	Lunch- 12 Noon Jewelry Class- 12:30-2:00 Chair Exercise 1PM – 2PM 	
	Lunch- 12 Noon AFEP (arthritis foundation exercise program- 11AM – 12 noon)	Lunch- 12 Noon Indoor Tennis 10:30-11:30 Bingo- 1PM-2-PM every Wednesday 	Lunch- 12 Noon Chair Exercise 1PM – 2PM 	
	Lunch- 12 Noon AFEP (arthritis foundation exercise program- 11AM – 12 noon)	Lunch- 12 Noon Indoor Tennis 10:30-11:30 Bingo- 1PM-2-PM every Wednesday	Lunch- 12 Noon Jewelry Class- 12:30-2:00 Chair Exercise 1PM – 2PM	
Nurse every 4 <sup>th</sup> Tuesday 10am-12 noon >>>>>>>>>>>>>>>>>>>>>>>>>	Lunch- 12 Noon AFEP (arthritis foundation exercise program- 11AM – 12 Lunch- 12 Noon Health Assessment 10:00-1200 	Lunch- 12 Noon Indoor Tennis 10:30-11:30 Bingo- 1PM-2-PM every Wednesday 	Lunch – 12 Noon Chair Exercise 1PM- 2PM 	
	Lunch- 12 Noon AFEP (arthritis foundation exercise program- 11AM – 12 noon) 	Lunch- 12 Noon Indoor Tennis 10:30-11:30 Bingo- 1PM-2-PM every Wednesday 		

