

December 2021 MENU
FRANKLIN SQUARE SENIOR COMMUNITY SERVICE CENTER
(Sponsored by Catholic Charities)
619 FENWORTH BLVD. FRANKLIN SQUARE, NY, 11010
(516) 481-3322

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
		9:00 Coffee time 1 10:30-11:30 Tai-Chi 12:00 Chili w/ Beef & Beans 12:45-1:45 Arthritis Prevention Exercise Cards/Games/Socialize/Music	9:00 Coffee time 2 10:30-11:30 Live Band Perform 10:30-11:30 Ballroom Dance Inst. 12:00 Chicken Parmigiana Hero 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00 Coffee time 3 12:00 Breaded Fish 12:45 Franklin Sq. Choir Club Cards/Games/Socialize/Music
9:00 Coffee time 6 10:30-11:30 Chair Yoga 12:00 Sausage & Peppers w/Onions Cards/Games/Socialize/Music	9:00 Coffee time 7 10:30-11:30 Chair Yoga 12:00 Beef Stew w/ Carrots & Onions 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	8 Center Closed Feast of the Immaculate Conception OBSERVANCE	9:00 Coffee time 9 10:30-11:30 Live Band Perform 10:30-11:30 Ballroom Dance Inst. 12:00 Bread Fish 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00 Coffee time 10 12:00 Roast Chicken w/ Gravy 12:45 Franklin Sq. Choir Club Cards/Games/Socialize/Music
9:00 Coffee time 13 10:30-11:30 Chair Yoga 10:30 Nutritional Education 12:00 Chicken Marsala Cards/Games/Socialize/Music	9:00 Coffee time 14 10:30-11:30 Chair Yoga 12:00 Stuffed Shells w/ Marinara Sauce 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00 Coffee time 15 10:30-11:30 Tai-Chi 10:30 Theater Production 12:00 Roast Turkey w/Gravy 12:45-1:45 Arthritis Prevention Exercise Cards/Games/Socialize/Music	9:00 Coffee time 16 10:30-11:30 Live Band Perform. 10:30-11:30 Ballroom Dance Inst. 12:00 Salisbury Steak w/ Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00 Coffee time 17 12:00 Penne ala Vodka w/ Grilled Chicken 12:45 Holiday Concert Cards/Games/Socialize/Music
9:00 Coffee time 20 10:30-11:30 Chair Yoga 11:00 – 1:00 Holiday Surprise 12:00 Pot Roast w/ Gravy Cards/Games/Socialize/Music	9:00 Coffee time 21 10:30-11:30 Chair Yoga 12:00 Vegetable Lasagna 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00 Coffee time 22 10:30-11:30 Tai-Chi 12:00 Meatloaf w/ Gravy 12:45-1:45 Arthritis Prevention Exercise Cards/Games/Socialize/Music	9:00 Coffee time 23 10:30-11:30 Live Band Perform 10:30-11:30 Ballroom Dance Inst. 12:00 Chicken Stew w/Potatoes & Carrots 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	24 CENTER CLOSED CHRISTMAS EVE OBSERVANCE
27 Center Closed DAY AFTER CHRISTMAS OBSERVANCE	9:00 Coffee time 28 10:30-11:30 Chair Yoga 12:00 Iemon Pepper Chicken w/ Gravy Cards/Games/Socialize/Music	9:00 Coffee time 29 10:30-11:30 Tai-Chi 12:00 Baked Ziti Florentine 12:45-1:45 Arthritis Prevention Exercise Cards/Games/Socialize/Music	9:00 Coffee time 30 10:30-11:30 Live Band Perform 10:30-11:30 Ballroom Dance Inst. 12:00 Swedish Meatballs w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	31 Center Closed New Year’s Day OBSERVANCE