AUGUST 2021

Activities

LOCATION: Catholic Charities Oceanside SCSC

80 Anchor Ave., Oceanside, NY 11572 516-764-9792 Please call Barbara or Joanne for lunch reservation. Thank you.

## 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 NY State Office for the Aging and the U.S. Administration on Aging

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
2 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE	11:00 MOVING TO MUSIC W/ANNE	3	4 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE	5 10:45 CHI GONG AND MEDITATION W/ANNE, REGISTERED NURSE	6
12:00 SPRING SALAD PLATE W/CHICKEN	11:00 CVS PHARMACY SHOPPING 12:00 STUFFED SHELLS		11:00 DOLLAR STORE	10:15-11:45 FARMERS MARKET VEGGIE VAN PARKING LOT	
1:00 TAI CHI W/JOSEPH PANICO	12:45 YOGA W/ANNE TEDESCO		12:00 STUFFED PEPPERS	12:00 ROAST TURKEY	
		10	11	12:45 MOVING TO MUSIC W/ANNE	10
9 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE	11:00 MOVING TO MUSIC W/ANNE	10	11 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE	12 10:45 CHI GONG AND MEDITATION W/ANNE, REGISTERED NURSE	13
12:00 SLOPPY JOE SANDWICH	11:00 CVS PHARMACY SHOPPING 12:00 CHICKEN MARSALA		11:00 FOOD SHOPPING	12:00 BREADED FISH W/TARTAR SAUCE	
1:00 TAI CHI W/JOSEPH PANICO	12:45 YOGA W/ANNE TEDESCO		12:00 POTATO AND EGG FRITTATA	12:45 MOVING TO MUSIC W/ANNE	
16 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE	11:00 MOVING TO MUSIC W/ANNE	17	18 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE	19 10:45 CHI GONG AND MEDITATION W/ANNE, REGISTERED NURSE	20
12:00 NUTRITION W/CORNELL	11:00 CVS PHARMACY SHOPPING		11:00 FOOD SHOPPING		
12:00 SWEDISH MEATBALLS	12:00 GREEK SALAD W/CHICKEN		12:00 PORK LOIN W/GRAVY	12:00 BBQ CHICKEN	
1:00 TAI CHI W/JOSEPH PANICO	12:45 YOGA W/ANNE TEDESCO			1:00 MOVING TO MUSIC W/ANNE	
23 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE		24	25 10-12 HEALTH ASSESSMENT W/ANNE, REGISTERED NURSE 11:00 ARTHRITIS FOUNDATION EXERCISE	26 10:45 CHI GONG AND MEDITATION W/ANNE, REGISTERED NURSE	27
12:00 VEGGIE BURGER	12:00 MEATLOAF W/GRAVY		PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 BAKED FISH W/TARTAR SAUCE	12:00 GRILLED CHICKEN	
1:00 TAI CHI W/JOSEPH PANICO	12:45 YOGA W/ANNE TEDESCO			1:00 MOVING TO MUSIC W/ANNE	
30 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE		31			
12:00 CHICKEN PARMIGIANA	11:00 CVS PHARMACY SHOPPING				
1:00 TAI CHI W/JOSEPH PANICO	12:45 YOGA W/ANNE TEDESCO				