

May 2022

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>9AM-10AM BREAKFAST 2</p> <p>11-12 EXERCISE W/SAMANTHA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:15 TAI CHI W/PAT</p>	<p>9AM-10AM BREAKFAST 3</p> <p>10:30-11:30 EXERCISE W/VICTORIA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15 BINGO</p>	<p>9AM-10AM BREAKFAST 4</p> <p>11:00-12:30 SCULPTURE W/VERONICA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:15 STRETCH, FLEX & MOVE W/ SAMANTHA</p>	<p>9AM-10AM BREAKFAST 5</p> <p>10:30-11:30 YOGA W/SANDYE</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:00 ZUMBA W/ ANDREA</p>	<p>9AM-10AM BREAKFAST 6</p> <p>10:15-12:15 STEPPING ON W/ SLOANE FROM NASSAU UNIVERSITY MEDIACAL CENTER</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15 – 2:15 YOGA W/NICK</p>
<p>9AM-10AM BREAKFAST 9</p> <p>11-12 EXERCISE W/SAMANTHA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:15 TAI CHI W/PAT</p>	<p>9AM-10AM BREAKFAST 10</p> <p>10:30-11:30 EXERCISE W/VICTORIA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15 BINGO</p>	<p>9AM-10AM BREAKFAST 11</p> <p>11:00-12:30 SCULPTURE W/VERONICA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:15 STRETCH, FLEX & MOVE W/ SAMANTHA</p>	<p>9AM-10AM BREAKFAST 12</p> <p>10:30-11:30 YOGA W/SANDYE</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:00 ZUMBA W/ ANDREA</p>	<p>9AM-10AM BREAKFAST 13</p> <p>10:15-12:15 STEPPING ON W/ SLOANE FROM NASSAU UNIVERSITY MEDIACAL CENTER</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15 – 2:15 YOGA W/NICK</p>
<p>9AM-10AM BREAKFAST 16</p> <p>11-12 EXERCISE W/SAMANTHA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:15 TAI CHI W/PAT</p>	<p>9AM-10AM BREAKFAST 17</p> <p>10:30-11:30 EXERCISE W/VICTORIA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 ACTIVITY W/ PROJECT HOPE CRISIS COUNSELERS</p>	<p>9AM-10AM BREAKFAST 18</p> <p>11:00-12:30 SCULPTURE W/VERONICA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:15 STRETCH, FLEX & MOVE W/ SAMANTHA</p>	<p>9AM-10AM BREAKFAST 19</p> <p>10:30-11:30 YOGA W/SANDYE</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:00 ZUMBA W/ ANDRE19</p>	<p>9AM-10AM BREAKFAST 20</p> <p>10:15-12:15 STEPPING ON W/ SLOANE FROM NASSAU UNIVERSITY MEDIACAL CENTER</p> <p>12:30 LUNCH IS SERVED</p> <p>CELEBRATE MAY BIRTHDAYS</p> <p>1:15 – 2:15 YOGA W/NICK</p>
<p>9AM-10AM BREAKFAST 23</p> <p>11-12 EXERCISE W/SAMANTHA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:15 TAI CHI W/PAT</p>	<p>9AM-10AM BREAKFAST 24</p> <p>10:30-11:30 EXERCISE W/VICTORIA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 SITE COUNCIL MEETING</p> <p>1:15 BINGO</p>	<p>9AM-10AM BREAKFAST 25</p> <p>11:00-12:30 SCULPTURE W/VERONICA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:15 STRETCH, FLEX & MOVE W/ SAMANTHA</p>	<p>9AM-10AM BREAKFAST 26</p> <p>10:30-11:30 YOGA W/SANDYE</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15-2:00 ZUMBA W/ ANDREA</p>	<p>9AM-10AM BREAKFAST 27</p> <p>10:15-12:15 STEPPING ON W/ SLOANE FROM NASSAU UNIVERSITY MEDIACAL CENTER</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15 – 2:15 YOGA W/NICK</p>
<p>30</p> <p>CENTER CLOSED</p> <p>memorial DAY</p>	<p>31</p> <p>9AM-10AM BREAKFAST</p> <p>10:30-11:30 EXERCISE W/VICTORIA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15 NUTRITION ED FOOD STORAGE3 TIPS</p>	<p><i>CENTER HOURS 8:30-4:00</i></p> <p><i>TRANPORTATION PROVIDED TO & FROM CENTER FOR FREEPORT & ROOSEVELT SENIOR CENTER CLIENTS</i></p>	<p>SUGGESTED CONTRIBUTIONS</p> <p>BREAKFAST - \$ 2.00</p> <p>LUNCH - \$ 3.00</p> <p>TRANSPORTATION - \$ 1.00</p> <p>ONE WAY TRIP</p> <p>PLEASE MAKE RESERVATIONS FOR MEALS AND ALL ACTIVITIES</p>	