











April 2022

Bethel AME Church
420 N Main St, Freeport, NY 11520
(516) 379-1513



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
				
4	5 12:00 Noon- Swedish Meatballs w/ Brown Gravy 12:30 Bingo  12:30- Manicure 1:00- Card Games	6 12:00 Noon- Roast w/Gravy 12:00- Hour of Power 1:00 Card Games	10:00- Exercise w/Samantha  12:00 Noon- Penne ala Vodka w/Grilled Chicken 1:00- Card Games	8
11	12 12:00 Noon- Kielbasa w/Sauerkraut 12:30 Bingo  1:00- Card Games	13 12:00 Noon-Loin of Pork w/Gravy 12:00- Hour of Power 1:00 Card Games	14 10 :00- Exercise w/Samantha  12:00 Noon- Sloppy Joe on a Roll 1:00- Card Games	15
18	19 11:00- Nutrition Education 12:00 Noon- Roast Turkey w/Gravy & Cranberry 12:30 Bingo  1:00- Card Games	20 12:00 Noon- Baked Ziti w/Eggplant 12:00- Hour of Power 1:00 Card Games	21 10 :00- Exercise w/Samantha  12:00 Noon- White Meat Chicken Stew 1:00- Card Games	22
25	26 12:00 Noon – Sausage & Peppers 12:30 Bingo  12:30 Jokes Aside 1:00- Card Games	27 12:00 Noon- Baked Breaded Fish 12:00- Hour of Power 1:00 Card Games	28 10 :00- Exercise w/Samantha  12:00 Noon- White Meat Chicken Stew 1:00- Card Games	28