

May 2022

**Franklin Square Senior Community Service Center
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 2 10:30-11:30 Chair Yoga 12:00 Ravioli 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 3 10:30 Bingo 10:30-11:30 Chair Yoga 12:00 Hamburger on Bun 12:45-1:45 Body/Mind/Spirit 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 4 10:00 Trivia 10:30-11:30 Tai-Chi 12:00 Sausage and Peppers 12:45-1:45 Arthritis Prevention Exercise 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 5 10:30-11:30 Live Band Perform 12:00 Chicken Fajitas 12:45-1:45 Arthritis Prevention Exercise 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 6 10:30 Bingo 12:00 Chicken Parmigiana 12:15 Franklin Sq. Choir Club 12:45 Cards/Games/Socialize/Music 12:45 Site Council Meeting
9:00 Coffee time 9 10:30-11:30 Chair Yoga 12:00 Meatloaf with Gravy 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 10 10:30 Bingo 10:30-11:30 Chair Yoga 12:00 Chicken Marsala 12:45-1:45 Body/Mind/Spirit 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 11 10:00 Trivia 10:30-11:30 Tai-Chi 11:15 Piano Player 12:00 Baked Ziti 12:45-1:45 Arthritis Prevention Exercise 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 12 10:30-11:30 Live Band Perform 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Exercise 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 13 10:30 Bingo 12:00 Pot Roast with Gravy 12:15 Franklin Sq. Choir Club 12:45 Cards/Games/Socialize/Music
9:00 Coffee time 16 10:30-11:30 Chair Yoga 12:00 Stuffed Shells 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 17 10:30 Bingo 10:30-11:30 Chair Yoga 10:45 Nutrition Education 12:00 Beef and Broccoli 12:45-1:45 Body/Mind/Spirit 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 18 10:00 Trivia 10:30-11:30 Tai-Chi 12:00 Chicken Picatta 12:45-1:45 Arthritis Prevention Exercise 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 19 10:30-11:30 Live Band Perform. 12:00 Stuffed Peppers 12:45-1:45 Arthritis Prevention Exercise 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 20 10:30 Bingo 12:00 Breaded Fish 12:30 Birthday Celebrations 12:15 Franklin Sq. Choir Club 12:45 Cards/Games/Socialize/Music
9:00 Coffee time 23 10:30-11:30 Chair Yoga 12:00 Stuffed Shells 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 24 10:30 Bingo 10:30-11:30 Chair Yoga 12:00 Chicken Cacciatore 12:45-1:45 Body/Mind/Spirit 12:45 Cards/Games/Socialize/Music	9:00 Coffee time 25 10:00 Trivia 10:30-11:30 Tai-Chi 12:00 Hamburger on Bun 12:45-1:45 Arthritis Prevention Exercise 12:45 Cards/Games/Socialize/Music Music	26 CENTER CLOSED FEAST OF THE ASCENSION	9:00 Coffee time 27 10:30 Bingo 12:00 Grilled Chicken 12:15 Franklin Sq. Choir Club 12:45 Cards/Games/Socialize/Music
30 CENTER CLOSED MEMORIAL DAY	9:00 Coffee time 31 10:30 Bingo 10:30-11:30 Chair Yoga 12:00 Roast Grilled Chicken 12:45-1:45 Body/Mind/Spirit 12:45 Cards/Games/Socialize/Music			Hours of Operation Mondays to Fridays 8:30AM to 3:00PM. Meals suggested contribution: \$3.00. Meal reservations necessary