

January 2022 MENU
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 3 10:30-11:30 Chair Yoga 12:00 Chicken Parmigiana Cards/Games/Socialize/Music	9:00 Coffee time 4 10:30-11:30 Chair Yoga 12:00 Veggie Burger with L & T on a Bun Cards/Games/Socialize/Music	9:00 Coffee time 5 10:30-11:30 Tai-Chi 12:00 Roast Chicken w/Gravy 12:45-1:45 Arthritis Prevention Ex/Cards/Games/Socialize/Music	9:00 Coffee time 6 10:30-11:30 Live Band Perform 10:30-11:30 Ballroom Dance Inst. 12:00 Stuffed Shells with Marinara 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00 Coffee time 7 12:00 Meatloaf with Gravy 12:45 Franklin Sq. Choir Club Cards/Games/Socialize/Music
9:00 Coffee time 10 10:30-11:30 Chair Yoga 12:00 Sloppy Joes on a Roll Cards/Games/Socialize/Music	9:00 Coffee time 11 10:30-11:30 Chair Yoga 12:00 Ravioli with Marinara 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00 Coffee time 12 10:30-11:30 Tai-Chi 12:00 Breaded Fish w/Tartar Sauce 12:45-1:45 Arthritis Prevention Ex/Cards/Games/Socialize/Music	9:00 Coffee time 13 10:30-11:30 Live Band Perform 10:30-11:30 Ballroom Dance Inst. 12:00 Pork Loin w/gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00 Coffee time 14 12:00 Chicken Burrito 12:45 Franklin Sq. Choir Club Cards/Games/Socialize/Music
17 Center Closed MARTIN LUTHER KING, JR. BIRTHDAY OBSERVANCE	9:00 Coffee time 18 10:30-11:30 Chair Yoga 12:00 Roast Chicken w/Gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00 Coffee time 19 10:30-11:30 Tai-Chi 12:00 Breaded Fish w/Tartar Sauce 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00 Coffee time 20 10:30-11:30 Live Band Perform. 10:30-11:30 Ballroom Dance Inst. 12:00 Hamburger with Cheese 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00 Coffee time 21 12:00 Chicken Fajitas with Peppers &Onions 12:45 Franklin Sq. Choir Club Cards/Games/Socialize/Music
9:00 Coffee time 24 10:30-11:30 Chair Yoga 12:00 Baked Ziti Cards/Games/ Socialize/Music	9:00 Coffee time 25 10:30-11:30 Chair Yoga 12:00 Roast Chicken w/Gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00 Coffee time 26 10:30-11:30 Tai-Chi 12:00 Beef & Broccoli 12:45-1:45 Arthritis Prevention Exercise Cards/Games/Socialize/Music	9:00 Coffee time 27 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	8:30 AARP Driver Safety Class* 28 RESERVATION REQ 12:00 Breaded Fish w/Tartar 12:45 Franklin Sq. Choir Club/Cards/Games/Socialize/Music
9:00 Coffee time 31 10:30-11:30 Chair Yoga 12:00 Sausage & Peppers Cards/Games/Socialize/Music				