

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

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
<div>3</div> 10:00 Coffee, Tea, Socialization Hour 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 12:00 CHICKEN PARMIGIANA 1:00 TAI CHI W/JOSEPH PANICO	<div>4</div> 10:00 Coffee, Tea, Socialization Hour 10:45 MOVING TO MUSIC W/ANNE 11:00 CVS PHARMACY SHOPPING 12:00 VEGGIE BURGER 12:45 YOGA W/ANNE TEDESCO	<div>5</div> 10:00 Coffee, Tea, Socialization Hour 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 ROAST CHICKEN 12:45 COLORING SUPPLIES IN OFFICE	<div>6</div> 10:00 Coffee, Tea, Socialization Hour 10:45 EXERCISE W/DOMINIC AKA NICK 12:00 STUFFED SHELLS 12:45 MOVING TO MUSIC W/ANNE	<div>7</div> <div>MEALS AND ACTIVITIES SUBJECT TO CHANGE WITHOUT PRIOR NOTICE</div> <div>SORRY FOR THE INCONVENIENCE</div>
<div>10</div> 10:00 Coffee, Tea, Socialization Hour 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 TRASH AND TREASURER 12:00 SLOPPY JOE ON A ROLL 1:00 TAI CHI W/JOSEPH PANICO	<div>11</div> 10:00 Coffee, Tea, Socialization Hour 10:45 MOVING TO MUSIC W/ANNE 11:00-1:00 PROJECT HOPE 11:00 CVS PHARMACY SHOPPING 12:00 RAVIOLI W/MARINARA SAUCE 12:45 YOGA W/ANNE TEDESCO	<div>12</div> 10:00 Coffee, Tea, Socialization Hour 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 BREADED FISH 12:45 ATOMIC HABITS 1:00 COLORING SUPPLIES IN OFFICE	<div>13</div> 10:00 Coffee, Tea, Socialization Hour 10:45 EXERCISE W/NICK 12:00 ROAST PORK W/GRAVY 12:45 MOVING TO MUSIC W/ANNE	<div>14</div>
<div>17</div> <div>CENTER CLOSED</div> <div>MARTIN LUTHER KING DAY</div>	<div>18</div> 10:00 Coffee, Tea, Socialization Hour 11:00 NUTRITION W/OCEANSIDE 10:45 MOVING TO MUSIC W/ANNE 11:00 CVS PHARMACY SHOPPING 12:00 ROAST CHICKEN W/GRAVY 12:45 YOGA W/ANNE TEDESCO	<div>19</div> 10:00 Coffee, Tea, Socialization Hour 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 BREADED FISH 12:45 ATOMIC HABITS 1:00 COLORING SUPPLIES IN OFFICE	<div>20</div> 10:00 Coffee, Tea, Socialization Hour 10:45 EXERCISE W/NICK 12:00 HAMBURGER 12:45 MOVING TO MUSIC W/ANNE	<div>21</div>
<div>24</div> 10:00 Coffee, Tea, Socialization Hour 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 10:30 DOLLAR STORE 12:00 BAKED ZITI 1:00 TAI CHI W/JOSEPH PANICO	<div>25</div> 10:00 Coffee, Tea, Socialization Hour 10:45 MOVING TO MUSIC W/ANNE 11:00-1:00 PROJECT HOPE 11:00 CVS PHARMACY SHOPPING 11:00 12:00 ROAST CHICKEN W/GRAVY 12:45 YOGA W/ANNE TEDESCO	<div>26</div> 10:00 Coffee, Tea, Socialization Hour 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 BEEF W/BROCCOLI 12:45 COLORING SUPPLIES IN OFFICE	<div>27</div> 10:00 Coffee, Tea, Socialization Hour 10:45 EXERCISE W/NICK 12:00 SWEDISH MEATBALLS 12:45 MOVING TO MUSIC W/ANNE	<div>28</div>
<div>31</div> 10:00 Coffee, Tea, Socialization Hour 11:00 ARTHRITIS FOUNDATION EXERCISE 12:00 SAUSAGE, PEPPERS & ONIONS 1:00 TAI CHI W/JOSEPH PANICO				