

May 2022

**Oceanside Senior Community Service Center
80 Anchor Ave., Oceanside, NY 11572
516-764-9792**



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
2 10:00 Coffee, Tea, Socialization 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 DOLLAR STORE 12:00 RAVIOLI 1:00 TAI CHI W/JOSEPH PANICO	3 10:00 Coffee, Tea, Socialization 10-12 HEALTH ASSESSMENT W/REGISTERED NURSE/BARBARA 10:45 MOVING TO MUSIC W/ANNE 11:00 CVS SHOPPING 12:00 HAMBURGER 12:45 YOGA W/ANNE	4 10:00 Coffee, Tea, Socialization 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 SAUSAGE, PEPPERS, ONIONS 1:00 COLORING TO REDUCE STRESS	5 10:00 Coffee, Tea, Socialization 10:45 EXERCISE W/NICK 11:00 THRIFT STORE 12:00 CHICKEN FAJIAS 12:45 MOVING TO MUSIC W/ANNE	6 10:00 Coffee, Tea, Socialization 10:30 LINE DANCING W/LORI 12:00 MOZZARELLA & TOMATO W/PASTA SALAD 1:00 MOVING TO MUSIC W/ANNE 1:00 RUMMIKUB, CARDS, SCRABBLE
9 10:00 Coffee, Tea, Socialization 10-12 TRASH AND TREASURE SALE 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 BED, BATH AND BEYOND 12:00 SWEDISH MEATBALLS 1:00 TAI CHI W/JOSEPH PANICO	10 10:00 Coffee, Tea, Socialization 10:45 MOVING TO MUSIC W/ANNE 11:00 CVS SHOPPING 12:00 CHICKEN MARSALA 12:30 BATTLE PUTT GAME 12:45 YOGA W/ANNE	11 10:00 Coffee, Tea, Socialization 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 BAKED ZITI 12:30 FRANK SANATRA IMITATOR	12 10:00 Coffee, Tea, Socialization 10:45 EXERCISE W/NICK 11:00 DOLLAR STORE 12:00 BREADED FISH 12:45 MOVING TO MUSIC W/ANNE	13 10:00 Coffee, Tea, Socialization 10:30 LINE DANCING W/LORI 12:00 SEAFOOD SALAD 1:00 MOVING TO MUSIC W/ANNE 1:00 RUMMIKUB, CARDS, SCRABBLE
16 10:00 Coffee, Tea, Socialization 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 TRADER JOE'S 12:00 STUFFED SHELLS 12:30 NUTRITION W/CORNELL 1:00 TAI CHI W/JOSEPH PANICO	17 10:00 Coffee, Tea, Socialization 10:45 MOVING TO MUSIC W/ANNE 11:00 CVS SHOPPING 12:00 BEEF & BROCCOLI 12:45 YOGA W/ANNE	18 10:00 Coffee, Tea, Socialization 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 CHICKEN PICATTA 1:00 COLORING TO REDUCE STRESS	19 10:00 Coffee, Tea, Socialization 10:00 NASSAU COUNTY LUNCHEON OLDER AMERICANS MONTH/AGE MY WAY 10:45 EXERCISE W/NICK 11:00 THRIFT STORE 12:00 STUFFED PEPPERS 12:45 MOVING TO MUSIC W/ANNE	20 10:00 Coffee, Tea, Socialization 10:30 LINE DANCING W/LORI 12:00 EGG SALAD 1:00 MOVING TO MUSIC W/ANNE 1:00 RUMMIKUB, CARDS, SCRABBLE
23 10:00 Coffee, Tea, Socialization 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 DOLLAR STORE 12:00 STUFFED SHELLS 1:00 TAI CHI W/JOSEPH PANICO	24 10:00 Coffee, Tea, Socialization 10:45 MOVING TO MUSIC W/ANNE 11:00 CVS SHOPPING 12:00 CHICKEN CACCIATORE 12:45 YOGA W/ANNE	25 10:00 Coffee, Tea, Socialization 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 HAMBURGER 1:00 COLORING TO REDUCE STRESS	26 10:00 Coffee, Tea, Socialization 10:45 EXERCISE W/NICK 11:00 TRADER JOE'S 12:00 LOIN OF PORK 12:45 MOVING TO MUSIC W/ANNE	27 10:00 Coffee, Tea, Socialization 10:30 LINE DANCING W/LORI 12:00 EGG SALAD 1:00 MOVING TO MUSIC W/ANNE 1:00 RUMMIKUB, CARDS, SCRABBLE
30 CENTER CLOSED MEMORIAL DAY	31 10:00 Coffee, Tea, Socialization 10:45 MOVING TO MUSIC W/ANNE 11:00 CVS SHOPPING 12:00 GREEK SALAD W/CHICKEN, POTATOES AND GREEN BEANS 12:45 YOGA W/ANNE	Birthday Celebration: May 24	Center Hours of Operation 10:00 – 2:00 Suggested contribution \$3.00 meal \$1.00 transportation Please call the day before by 11:00 am to reserve a meal.	Volunteer for the Site Council Elections in November President Vice President Secretary Treasurer