

March 2023

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

		<p>9:00-10:00 Coffee time 1 10:30-11:30 Tai-Chi 12:00 Breaded Fish w/Tartar Sauce 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 2 10:30-11:30 Live Band Perform 12:00 Roast Chicken w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 3 10:30 Bingo 12:00 Salmon burger on roll 12:45 Franklin Square Sing-A-Long Cards/Games/Socialize/Music</p>
<p>9:00-10:00 Coffee time 6 10:45-11:45 Chair Yoga 12:00 Chicken Francaise Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 7 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Pork Loin w/gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music 12:45-1:45 Site Council Meeting</p>	<p>9:00-10:00 Coffee time 8 9:30 Piano Lady 10:30-11:30 Tai-Chi 12:00 Ground beef tortilla w/shredded lettuce and cheese 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 9 10:30-11:30 Live Band Perform 12:00 Sausage & Peppers 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 10 10:30 Bingo 12:00 Baked Ziti 12:45 Franklin Square Sing-A-Long Cards/Games/Socialize/Music</p>
<p>9:00-10:00 Coffee time 13 10:45-11:45 Chair Yoga 12:00 Meatloaf w/gravy Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 14 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Chicken picatta 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 15 10:30-11:30 Tai-Chi 12:00 Breaded Fish w/Tartar Sauce 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 16 10:30-11:30 Live Band Perform. 12:00 Veggie burger with cheese 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 17 9:30 Franklin Square Sing-A-Long 10:30 Bingo 12:00 Corned beef w/cabbage Cards/Games/Socialize/Music ST PATTY'S DAY PARTY</p>

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 Coffee time 20 9:30 Nutrition Ed, 10:45-11:45 Chair Yoga 12:00 Breaded chicken cutlet Cards/Games/ Socialize/Music	9:00-10:00 Coffee time 21 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Pork Loin w/gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/M usic	9:00-10:00 Coffee time 22 10:30-11:30 Tai-Chi 12:00 Chicken Parmigiana 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music	9:00-10:00 Coffee time 23 10:30-11:30 Live Band Perform 12:00 Swedish Meatballs w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 24 10:30 Bingo 12:00 Vegetable lasagna 12:45 Franklin Square Sing-A- Long Club/Cards/Games/Socialize/ Music MARCH BIRTHDAY CELEBRATIONS
9:00-10:00 Coffee time 27 10:45-11:45 Chair Yoga 12:00 Beef stew Cards/Games/ Socialize/Music	9:00-10:00 Coffee time 28 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Sausage & Peppers 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/M usic	9:00-10:00 Coffee time 29 10:30-11:30 Tai-Chi 12:00 Roast Chicken w/Gravy 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music	9:00-10:00 Coffee time 30 10:30-11:30 Live Band Perform 12:00 Hamburger on bun 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 31 10:30 Bingo 12:00 Stuffed shells 12:45 Franklin Square Sing-A- Long Club/Cards/Games/Socialize/ Music



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30AM to 3:00PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 Each way

Site Council Meeting: March 8, 2023

Birthdays Celebration: MARCH 24, 2023

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.
PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.