

March 2023
Bethel AME Church
420 N Main St, Freeport, NY 11520
(516) 379-1513



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

		1 12:00 Noon-Breaded Fish w/Tartar Sauce 12:00-Hour of Power 1:00-Card Games	2 10:00- Exercise w/Marvin 12:00 Noon-Roast Chicken w/Gravy (bone in) 1:00- Card Games	3
6	7 12:00 Noon-Pork Loin w/Gravy 12:30-Bingo 1:00-Card Games	8 12:00 Noon-Ground Beef Tortilla w/Lettuce & Cheese 12:00-Hour of Power 1:00-Card Games	9 10:00- Exercise w/Marvin 12:00 Noon-Sausage & Peppers over Pasta 1:00- Card Games	10
13	14 12:00 Noon-Chicken Picatta 12:30-Bingo 1:00-Card Games	15 Field Trip-Center Closed	16 10:00- Exercise w/Marvin 12:00 Noon-Veggie Burger w L&T on a bun 1:00- Card Games	17

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Friday

20	21	22	23	24
	<p>12:00 Noon-Pork Loin w/Gravy</p> <p>12:30-Bingo</p> <p>1:00-Card Games</p>	<p>12:00 Noon-Chicken Parmigiana</p> <p>12:00-Hour of Power</p> <p>1:00-Card Games -</p>	<p>10:00- Exercise w/Marvin</p> <p>12:00 Noon-Swedish Meatballs w/Gravy & Noodles</p> <p>1:00- Card Games</p>	
27	28	29	30	31
	<p>11:00- Birthday Citations</p> <p>12:00 Noon-Sausage & Peppers w/Marinara Sauce over pasta</p> <p>1:00- Women’s History Celebration</p>	<p>11:00- Cornell Cooperative Nutrition Education</p> <p>12:00 Noon-Roast Chicken Thigh w/Gravy (bone In)</p> <p>1:00-Card Games -</p>	<p>10:00- Exercise w/Marvin</p> <p>12:00 Noon-Hamburger w/L&T on a bun</p> <p>1:00- Card Games</p>	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 10:00 – 2:00

Meals suggested contribution: \$3.00

Exercise suggested contribution: \$1.00

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