

# March 2023

Freeport Senior Community Service Center  
66 Church Street, Freeport, NY 11520  
516-623-2008



# 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>9-10AM BREAKFAST <b>1</b></p> <p>11:00 TBD</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 EXERCISE W/ SAMANTHA</p>	<p>9-10AM BREAKFAST <b>2</b></p> <p>9:30 MOLLOY NURSING STUDENTS</p> <p>10:30 CHAIR YOGA W/SANDYE</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 ZUMBA W/ ANDREA</p>	<p>9-10AM BREAKFAST <b>3</b></p> <p>11:30 BINGO</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 YOGA W/LLOYD</p>
<p>9-10AM BREAKFAST <b>6</b></p> <p>9:30 to 11:30 HEALTH ASSESSMENT w/BARBARA</p> <p>11:00 EXERCISE w/SAMANTHA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 EXERCISE W/MARVIN</p>	<p>9-10AM BREAKFAST <b>7</b></p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:15 BEACH BALL VOLLEYBALL W/ DEBRA &amp; GLENDA</p>	<p>9-10AM BREAKFAST <b>8</b></p> <p>11:00 TBD</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 EXERCISE W/ SAMANTHA</p>	<p>9-10AM BREAKFAST <b>9</b></p> <p>9:30 MOLLOY NURSING STUDENTS</p> <p>10:30 CHAIR YOGA W/SANDYE</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 ZUMBA W/ ANDREA</p>	<p>9-10AM BREAKFAST <b>10</b></p> <p>11:30 BINGO w/ OAK STREET HEALTH</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 YOGA W/LLOYD</p> <div data-bbox="1633 831 1976 1000"> <p>Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday. AP</p> </div>
<p>9-10AM BREAKFAST <b>13</b></p> <p>11:00 EXERCISE w/SAMANTHA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 EXERCISE W/MARVIN</p>	<p>9-10AM BREAKFAST <b>14</b></p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 FREEPORT LIBRARY</p>	<p>9-10AM BREAKFAST <b>15</b></p> <p>11:00 TBD</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 EXERCISE W/ SAMANTHA</p>	<p>9-10AM BREAKFAST <b>16</b></p> <p>9:30 MOLLOY NURSING STUDENTS</p> <p>10:30 CHAIR YOGA W/SANDYE</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 ZUMBA W/ ANDREA</p>	<p>9-10AM BREAKFAST <b>17</b></p> <p>11:30 BINGO</p> <p>12:30 LUNCH IS SERVED</p> <p>1:00 YOGA W/LLOYD</p> <div data-bbox="1633 1140 1976 1378"> </div>

Monday	Tuesday	Wednesday	Thursday	Friday
9-10AM BREAKFAST <b>20</b> 11:00 EXERCISE w/SAMANTHA 12:30 LUNCH IS SERVED 1:00 EXERCISE W/MARVIN 	9-10AM BREAKFAST <b>21</b> 10:30 EXERCISE W/VICTORIA 12:30 LUNCH IS SERVED  <b>1:00 ARTS AND CRAFTS            W/ OAK STREET HEALTH</b>	9-10AM BREAKFAST <b>22</b>  11:00 TBD  12:30 LUNCH IS SERVED  1:00 EXERCISE W/ SAMANTHA	9-10AM BREAKFAST <b>23</b>  9:30 MOLLOY NURSING STUDENTS  10:30 CHAIR YOGA W/SANDYE 12:30 LUNCH IS SERVED 1:00 ZUMBA W/ ANDREA	9-10AM BREAKFAST <b>24</b>  <b>10:30 MEDICINE SAFETY            NYC Dept of Health and            Mental Hygiene</b>  11:15 SITE COUNCIL 11:30 BINGO 12:30 LUNCH IS SERVED CELEBRATE <b>MARCH BIRTHDAYS</b> 1:00 YOGA W/LLOYD
9-10AM BREAKFAST <b>27</b> 11:00 EXERCISE w/SAMANTHA 12:30 LUNCH IS SERVED  1:00 EXERCISE W/MARVIN	9-10AM BREAKFAST <b>28</b> 10:30 EXERCISE W/VICTORIA 12:30 LUNCH IS SERVED  <b>1:00 NUTRITION ED</b>	9-10AM BREAKFAST <b>29</b>  11:00 TBD  12:30 LUNCH IS SERVED  1:00 EXERCISE W/ SAMANTHA	9-10AM BREAKFAST <b>30</b>  10:30 CHAIR YOGA W/SANDYE 12:30 LUNCH IS SERVED 1:00 ZUMBA W/ ANDREA	9-10AM BREAKFAST <b>31</b>  11:30 BINGO 12:30 LUNCH IS SERVED  1:00 YOGA W/LLOYD



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

**Hours of Operation: 8:30 to 3:00**  
**Office hours 8:00 to 4:00**

Suggested contribution - Breakfast: \$2.00  
 Suggested contribution - Lunch: \$3.00  
 Suggested contribution - Transportation: \$1.00 per Trip  
 Transportation Provide To and From Center  
 for FREEPORT & ROOSEVELT Senior Center Clients

Site Council Meeting: March 24  
 Birthdays Celebration: March 24

**RESERVATIONS FOR ALL CENTER ACTIVITIES ARE  
 REQUIRED. PLEASE CALL TO RESERVE MEALS,  
 TRANSPORTATION & EXERCISE CLASSES.  
 Reservation must be made by 11:30 TWO DAYS before.**