

March 2023

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

 <p>17TH MARCH</p>		<p>1</p> <p>10:00 Coffee, Tea & Socialize Molly Student Nurses 10:30 Bingo/ Arts & Crafts 11:00 Exercise w/ Marvin 12:00 Black Bean Soup & Breaded Fish 1:00 Bingo/ Coloring to Reduce Stress</p>	<p>2</p> <p>10:00 Coffee, Tea & Socialize 10:45 Yoga w / Dominick 11:00 Food Shopping 12:00 Minestrone Soup & Roast Chicken 12:45 Moving to Music w/Annie 12:45 Rummikub, Cards, Games 1:00 Grab & Go Meals</p>	<p>3</p> <p>10:00 Coffee, Tea & Socialize 10:30 Line Dancing w/Lori 11:00 Dollar Store 12:00 Cream of Broccoli Soup & Salmon Burger w/L & T 12:45 Moving to Music w/Anne 12:45 Rummikub, Cards, Games 1:00 Grab & Go Meals</p>
<p>6</p> <p>10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/Barrie 11:00 Trader Joe's 12:00 Lentil Soup & Chicken Francaise w/Rice 1:00 Tai Chi w/Joseph</p>	<p>7</p> <p>10:00 Coffee, Tea & Socialize 10:00 Health Assessment w/ Nurse Barbara 11:00 Moving to Music w/Annie 11:00 CVS Shopping 12:00 Corn Chowder & Pork Loin w/ Gravy 12:30 Case Management w/ Alicia 12:45 Yoga Fit w/Samantha</p>	<p>8</p> <p>10:00 Coffee, Tea & Socialize Molly Student Nurses 10:30 Bingo/ Arts & Crafts 11:00 Arthritis Foundation Exercise w/Barrie 12:00 Vegetable Soup & Ground Beef Tortilla 1:00 Bingo/ Coloring to Reduce Stress</p>	<p>9</p> <p>10:00 Coffee, Tea & Socialize 10:45 Yoga w / Dominick 11:00 Food Shopping 12:00 Split Pea Soup & Sausage & Peppers 12:45 Moving to Music w/Annie 12:45 Rummikub, Cards, Games 1:00 Grab & Go Meals</p>	<p>10</p> <p>10:00 Coffee, Tea & Socialize 10:30 Line Dancing w/Lori 11:00 Dollar Store 12:00 Cream of Broccoli Soup & Baked Ziti 12:45 Moving to Music w/Anne 12:45 Rummikub, Cards, Games 1:00 Grab & Go Meals</p>
<p>13</p> <p>10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/Barrie 11:00 Trader Joe's 12:00 Chicken Noodle Soup & Meatloaf w/Gravy 1:00 Tai Chi w/Joseph</p>	<p>14</p> <p>10:00 Coffee, Tea & Socialize 11:00 Moving to Music w/Annie 11:00 CVS Shopping 12:00 Tomato Rice Soup & Chicken Picatta 12:45 Yoga Fit w/ Samantha</p>	<p>15</p> <p>10:00 Coffee, Tea & Socialize Molly Student Nurses 10:30 Bingo/ Arts & Crafts 11:00 Arthritis Foundation Exercise w/Barrie 12:00 Potato Chowder & Breaded Fish 1:00 Bingo/ Coloring to Reduce Stress</p>	<p>16</p> <p>10:00 Coffee, Tea & Socialize 10:45 Yoga w / Dominick 11:00 Food Shopping 11:00 Thrift Store 12:00 Lentil Soup & Veggie Burger w/ L & T 12:45 Moving to Music/Annie 12:45 Rummikub, Cards 1:00 Grab & Go Meals</p>	<p>17</p> <p>10:00 Coffee, Tea & Socialize 10:30 Line Dancing w/Lori 11:00 Dollar Store 12:00 Corned Beef w/ Cabbage 12:45 Moving to Music w/Anne 12:45 Rummikub, Cards, 1:00 Grab & Go Meals</p>

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/Barrie 11:00 Trader Joe's 12:00 Vegetable Soup & Breaded Chicken Cutlet 1:00 Tai Chi w/Joseph	10:00 Coffee, Tea & Socialize 11:00 Exercise w/ sub 11:00 CVS Shopping 12:00 Cream Mushroom Soup & Pork Loin 12:45 Yoga Fit w/ Samantha	10:00 Coffee, Tea & Socialize Molly Student Nurses 10:30 Bingo/ Arts & Crafts 11:00 Arthritis Foundation Exercise w/Barrie 12:00 Lentil Soup & Chicken Parmigiana 1:00 Bingo/ Coloring to Reduce Stress	10:00 Coffee, Tea & Socialize 10:45 Yoga w / Dominick 11:00 Food Shopping 12:00 Split Pea Soup & Swedish Meatballs 12:45 Yoga Fit/ Samantha 12:45 Rummikub, Cards, Games 1:00 Grab & Go Meals	10:00 Coffee, Tea & Socialize 10:30 Line Dancing w/Lori 11:00 Dollar Store 12:00 Minestrone Soup & Vegetable Lasagna 12:45 Yoga Fit/ Samantha 12:45 Rummikub, Cards, Games 1:00 Grab & Go Meals
27	28	29	30	31
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/Barrie 11:00 Trader Joe's 12:00 Split Pea Soup & Beef Stew 12:45 NUTRITION W/CORNELL 1:00 Tai Chi w/Joseph	10:00 Coffee, Tea & Socialize ST. Francis Hospital Bus/ Free health Screening 11:00 Moving to Music w/Annie 11:00 CVS Shopping 12:00 Minestrone Soup & Sausage & Peppers 12:45 Yoga Fit w/Samantha	10:00 Coffee, Tea & Socialize Molly Student Nurses 10:30 Bingo/ Arts & Crafts 11:00 Arthritis Foundation Exercise w/Barrie 12:00 Corn Chowder & Roast Chicken Thigh 1:00 Bingo/ Coloring to Reduce Stress	10:00 Coffee, Tea & Socialize 10:45 Yoga w / Dominick 11:00 Food Shopping 12:00 Potato Chowder & Hamburger w/ L & T 12:45 Moving to Music w/Annie 12:45 Rummikub, Cards, Games 1:00 Grab & Go Meals	10:00 Coffee, Tea & Socialize 10:30 Line Dancing w/Lori 11:00 Dollar Store 12:00 Lentil Soup & Stuffed Shells 12:45 Moving to Music w/Anne 12:45 Rummikub, Cards, Games 1:00 Grab & Go Meals



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30 AM – 2:00 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Exercise suggested contribution: \$1.00

Site Council Meeting:

Birthdays Celebration: March 24th

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