

**November 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

		1 	2 10:00 Coffee, Tea & Socialize 10:45 Exercise w/Lloyd 11:00 Food Shopping Thrift Store 12:00 Minestrone Soup Vegetable Lasagna 1:00 Yoga/Balance - Sandye 1:00 Rummikub, Card Games	3 10:00 Coffee, Tea & Socialize 10:45 Sing-A-Long w/ Frank 10:45 Craft w/ Sheila 12:00 Lentil Soup Roasted Chicken w/ Gravy 12:45 Yoga/Balance - Sandye 12:45 Arts & Crafts
6 10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/Barrie 11:00 TRADER JOE'S 12:00 Vegetable Soup Grilled Chicken/ Potato Salad 1:00 Tai Chi w/Joseph	7 10:00 Coffee, Tea & Socialize 10:00 Health Assessment w/Nurse Barbara 10:45 Exercise w/ Sandra 11:00 CVS Shopping 12:00 BLT Hamburger 12:45 Yoga w/Ann	8 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 A/F- Exercise w/Barrie 12:00 Split Pea Soup Salisbury Steak w/ Gravy 12:45 Molloy Nurses 12:45 Bingo & Rummikub 01:00 Harmony/ Health ED Influenza/Pneumonia	9 10:00 Coffee, Tea & Socialize 10:45 Exercise w/Lloyd 11:00 Food Shopping 12:00 Black Eyed Bean Soup Chicken Francaise 1:00 Yoga/Balance - Sandye 1:00 Rummikub, Card Games	10 
13 10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/Barrie 11:00 TRADER JOE'S 12:00 Chicken/Vegetable Soup Bean & Vegetable Stew/ Rice 1:00 Tai Chi w/Joseph	14 10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra 11:00 CVS Shopping 12:00 Lentil Soup Roast Chicken w/ Gravy 12:45 Yoga w/Ann Bingo & Rummikub	15 10:00 Coffee, Tea & Socialize 10:30 Bingo Long Beach Farmers Market 11:00 A/F w/Barrie 12:00 Cream/Mushroom Soup Meatloaf w/Gravy 12:45 CEC/ Craft w/ Debra Bingo & Rummikub	16 10:00 Coffee, Tea & Socialize 10:45 Exercise w/Lloyd 11:00 Food Shopping 12:00 Sausage & Pepper Hero 1:00 Yoga/Balance - Sandye 1:00 Rummikub, Card Games  November Birthday Celebrations	17 10:00 Coffee, Tea & Socialize 10:45 Sing-A-Long w/ Frank 11:00 Dollar Store 12:00 Vegetable Bean Soup Stuffed Shells over Spinach 12:45 Yoga/Balance - Sandye 12:45 Arts & Crafts

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>10:00 Coffee, Tea &amp; Socialize 11:00 Arthritis Foundation Exercise w/Barrie 11:00 <b>TRADER JOE'S</b> 12:00 Roast Turkey w/ Stuffing &amp; Cranberry sauce 1:00 Tai Chi w/Joseph</p>	<p>21</p> <p>10:00 Coffee, Tea &amp; Socialize 10:45 Exercise w/ Sandra 11:00 <b>CVS Shopping</b> 12:00 Black Eyed Pea Soup BLT Hamburger 12:45 Yoga w/Ann</p>	<p>22</p> <p>10:00 Coffee, Tea &amp; Socialize 10:30 <b>Bingo</b> <b>Long Beach Farmers Market</b> 11:00 Arthritis Foundation Exercise w/Barrie 12:00 Potato Chowder Soup Breaded Fish 12:45 <b>NUTRITION w/ Ky Ee</b> <b>Bingo &amp; Rummikub</b></p>	<p>23</p> <p><i>Happy Thanksgiving</i></p>  <p><b>We are closed today</b></p>	<p>24</p> <p>Day After Thanksgiving</p> <p><b>CLOSED</b></p>
<p>27</p> <p>10:00 Coffee, Tea &amp; Socialize 11:00 Arthritis Foundation Exercise w/Barrie 11:00 <b>TRADER JOE'S</b> 12:00 Minestrone Soup Penne ala Vodka w/ Grilled Chicken 1:00 Tai Chi w/Joseph</p>	<p>28</p> <p>10:00 Coffee, Tea &amp; Socialize 10:45 Exercise w/ Sandra 11:00 <b>CVS Shopping</b> 12:00 Corn Chowder Soup Frittata w/Spinach, potatoes 12:45 Yoga w/Ann</p>	<p>29</p> <p>10:00 Coffee, Tea &amp; Socialize 10:30 <b>Bingo</b> 11:00 Arthritis Foundation Exercise w/Barrie 12:00 Vegetable Soup BLT Veggie Burger 12:45 <b>Bingo &amp; Rummikub</b></p>	<p>30</p> <p>10:00 Coffee, Tea &amp; Socialize 10:45 Exercise w/Lloyd 11:00 <b>Food Shopping</b> 12:00 Lentil Soup Chicken Stew w/ Potatoes 1:00 Yoga/Balance - Sandye <b>1:00 Rummikub, Card Games</b></p>	



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation: 9:00am- 2:00pm

Meals suggested contribution: \$3:00

Transportation suggested contribution: \$1:00

Exercise suggested contribution: \$2:00

Site Council Meeting:

Birthdays Celebration: Thurs. 16th

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