

November 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>1 CENTER CLOSED FEAST OF ALL SAINTS DAY</p>	<p>2 9:00 Coffee time 10:30-11:30 Live Band Perform 12:00 Vegetable Lasagna 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>3 9:00 Coffee time 9:45 Trivia 11:00-12:00 Bingo 12:00 Roasted Chicken w/Gravy 12:45 Franklin Square Sing-A-Long Cards/Games/Socialize/Music</p>
<p>6 9:00 Coffee time 10:00-11:00 Chair Yoga 12:00 Grilled Chicken over Caesar Salad Cards/Games/Socialize/Music</p>	<p>7 9:00 Coffee time 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Hamburger on a roll w/L&T 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>8 9:00 Coffee time 9:30 Piano Lady 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Salisbury Steak w/Gravy 12:45-1:45 Arthritis Prevention Ex. Ex/Cards/Games/Socialize/Music</p>	<p>9 9:00 Coffee time 12:00 Chicken Francaise 9:30-10:30 Cornhole & Games 10:45-12:00 Bingo 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>10 CENTER CLOSED VETERAN'S DAY </p>
<p>13 9:00 Coffee time 10:00-11:00 Chair Yoga 12:00 Bean & Vegetable Stew over brown rice Cards/Games/Socialize/Music</p>	<p>14 9:00 Coffee time 10:00-2:00 ST FRANCIS VAN 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Roast Chicken w/Gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>15 9:00 Coffee time 10:30-11:30 Tai-Chi 12:00 Meatloaf w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>16 9:00 Coffee time 9:00 Nutrition Education 10:30-11:30 Live Band Perform. 12:00 Sausage, Peppers and Onions on a Hero 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>17 9:00 Coffee time 9:45 Trivia 11:00-12:00 Bingo 12:00 Stuffed Shells over Spinach 12:45 Franklin Square Sing-A-Long Cards/Games/Socialize/Music</p>

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Coffee time 20 10:00-11:00 Chair Yoga 12:00 Roast Turkey w/Gravy. Stuffing & cranberry sauce Cards/Games/Socialize/Music	9:00 Coffee time 21 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Hamburger on a roll w/L&T 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00 Coffee time 22 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	23 CENTER CLOSED THANKSGIVING 	24 CENTER CLOSED DAY AFTER THANKSGIVING
9:00 Coffee time 27 10:00-11:00 Chair Yoga 12:00 Penna ala vodka w/Grilled Chicken Cards/Games/ Socialize/Music	9:00 Coffee time 28 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Frittata w/Spinach, Potatoes, and Cheese 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00 Coffee time 29 10:30-11:30 Tai-Chi 12:00 Veggie Burger on Roll w/L&T 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00 Coffee time 30 10:30-11:30 Live Band Perform 12:00 Chicken Stew w/Potatoes and Carrots 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30AM – 3:00PM

Meals suggested contribution: \$3.00

Transportation suggested contribution:

Exercise suggested contribution:

Site Council Meeting: Tuesday, November 14, 2023

Birthdays Celebration: Friday, November 17, 2023

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.