



November 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
		1 9-10AM BREAKFAST 10:30 SCULPTURE W/VERONICA 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	2 9-10AM BREAKFAST 10:00 CHAIR YOGA W/SANDYE 12PM LUNCH IS SERVED 1PM ZUMBA W/ ANDREA	3 9-10AM BREAKFAST 10:30AM AHRC NASSAU 10:30AM BINGO! 12PM LUNCH IS SERVED 1PM EXERCISE W/LLOYD
6 9-10AM BREAKFAST 9:30 to 11:30 HEALTH ASSESSMENT w/BARBARA 10AM: FCA LINK-AGE ROUNDTABLE 10:30AM AHRC NASSAU 11AM TAI CHI W/ PAT 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	7 9-10AM BREAKFAST 10:30 EXERCISE W/VICTORIA 12PM LUNCH IS SERVED 1PM GAME TIME WITH WADE	8 9-10AM BREAKFAST 10AM HARMONY MOBILE BUS HEALTH SCREENINGS <u>MUST SIGN UP w/ AWILDA</u> 10:30 SCULPTURE W/VERONICA 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	9 9-10AM BREAKFAST 10:00 CHAIR YOGA W/SANDYE 12PM LUNCH IS SERVED 1PM ZUMBA W/ ANDREA	10  OFFICE CLOSED
13 9-10AM BREAKFAST 10AM SITE COUNCIL 10:30AM AHRC NASSAU 11AM TAI CHI W/ PAT 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	14 9-10AM BREAKFAST 10:30 EXERCISE W/VICTORIA 12PM LUNCH IS SERVED 1PM CHAIR VOLLEYBALL	15 9-10AM BREAKFAST 10:30 SCULPTURE W/VERONICA 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	16 9-10AM BREAKFAST 10:00 CHAIR YOGA W/SANDYE 11AM – THANKSGIVING CRAFTS 12PM LUNCH IS SERVED 1PM ZUMBA W/ ANDREA	17 9-10AM BREAKFAST 10:30AM AHRC NASSAU 10:30AM BINGO! 12PM LUNCH IS SERVED 12:30PM BIRTHDAY CAKE 1PM EXERCISE W/LLOYD

Monday	Tuesday	Wednesday	Thursday	Friday
20 9-10AM BREAKFAST 10AM: FCA LINK-AGE ROUNDTABLE 10:30AM AHRC NASSAU 11AM TAI CHI W/ PAT 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	21 HAPPY FRIENDSGIVING! 9-10AM BREAKFAST 10:30 EXERCISE W/VICTORIA 12PM LUNCH IS SERVED 12:30PM- 2:30PM <i>Friendsgiving Celebration!</i> MUSIC, FUN AND GAMES	22 9-10AM BREAKFAST 10:30 SCULPTURE W/VERONICA 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	23  OFFICE CLOSED	24 DAY AFTER THANKSGIVING  OFFICE CLOSED
27 9-10AM BREAKFAST 10:30AM AHRC NASSAU 11AM TAI CHI W/ PAT 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	28 9-10AM BREAKFAST 10:30 EXERCISE W/VICTORIA 12PM LUNCH IS SERVED 1PM PUTTING CONTEST	29 9-10AM BREAKFAST 10:30 SCULPTURE W/VERONICA 12PM LUNCH IS SERVED 1PM EXERCISE W/MARVIN	30 9-10AM BREAKFAST 10:00 CHAIR YOGA W/SANDYE 12PM LUNCH IS SERVED 1PM ZUMBA W/ ANDREA	



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

PROGRAM HOURS OF OPERATION: 8:30AM to 3:00PM

Office hours 8:00AM to 4:00PM

SUGGESTED CONTRUBUTIONS:

Breakfast: **\$2.00**

Lunch: **\$3.00**

Exercise Classes/Support Services: **\$2.00**

Transportation: **\$1.00 per trip**

Transportation is available to and from the center for FREEPORT & ROOSEVELT Senior Center clients. Registration required.

Site Council Meeting: November 13

Birthdays Celebration: November 17

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL 516-623-2008 TO RESERVE MEALS, EXERCISE CLASSES & TRANSPORTATION.

Reservations must be made by 11:30AM TWO DAYS before.