

November 2023

**Bethel AME Church
420 N Main St, Freeport, NY 11520
(516) 377-4469**



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 11:00AM Cornell University Nutrition Class 12:00PM Noon Loin of Pork w/Gravy 12:30 PM Bingo  1:00PM Card Games	2 10:00AM- Exercise w/Marvin  12:00 noon Vegetable Lasagna 12:30 PM Bingo  1:00PM Card Games	3
6	7 10:30- Sewing Class w/Caroline Gregory County Office is Closed Program will be Open 12:30 – Bingo  1:00 – Card Games	8 10:30AM – 11:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Salisbury Steak with Gravy 12:30 PM Bingo  1:00PM Card Games	9 10:00- Exercise w/Marvin  12:00 Noon Chicken Francaise 1:00- Bingo/Card Games	10
13	14 10:30AM – 11:30AM Sewing Class w/Caroline Gregory 12:00 noon- Roast Chicken with Gravy (Bone In) 12:30 – Bingo  1:00 – Card Games	15 10:30AM – 11:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Meatloaf with Gravy 12:30 PM Bingo  1:00PM Card Games	16 10:00- Exercise w/Marvin  12:00 noon- Sausage, Peppers and Onions on a Hero 1:00- Bingo/Card Games	17

Monday

Tuesday

Wednesday

Thursday

Friday

20	21	22	23	24
	10:30- Sewing Class w/Caroline Gregory 12:00 noon- Hamburger on a Roll with Lettuce and Tomato 12:30 – Bingo  1:00 – Card Games	Closed Thanksgiving Holiday	Closed Thanksgiving Holiday	
27	28	29	30	
	10:30- Sewing Class w/Caroline Gregory 12:00 noon- Fritta w/Spinach, Potatoes and Cheese 12:30 – Bingo  1:00 – Card Games	10:30AM – 11:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Veggie Burger on a Roll 12:30 PM Bingo  1:00PM Card Games	10:00- Exercise w/Marvin  12:00 noon- White Meat Chicken Stew 1:00- Bingo/Card Games	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 10:00AM – 2:00PM

Meals suggested contribution: \$3.00

Exercise suggested contribution: \$2.00

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