November 2023

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

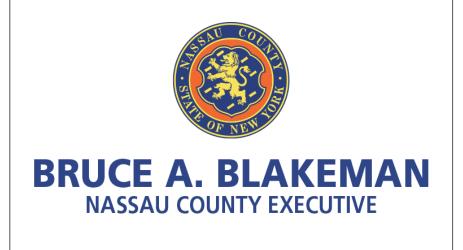


Nassau County Office for the Aging

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	10:00AM- Exercise w/Marvin 12:00 noon Vegetable Lasagna 12:30 PM Bingo 1:00PM Card Games	3
6	10:30- Sewing Class w/Caroline Gregory County Office is Closed Program will be Open 12:30 - Bingo	10:30AM – 11:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Salisbury Steak with Gravy 12:30 PM Bingo	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	15 10:30AM – 11:30AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Meatloaf with Gravy 12:30 PM Bingo	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	10:30- Sewing Class w/Caroline Gregory 12:00 noon- Hamburger on a Roll with Lettuce and Tomato 12:30 - Bingo	Closed Thanksgiving Holiday	23 Closed Thanksgiving Holiday	24
27	10:30- Sewing Class w/Caroline Gregory 12:00 noon- Fritta w/Spinach, Potatoes and Cheese 12:30 – Bingo	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	12:00 noon- White Meat Chicken Stew 1:00- Bingo/Card Games	



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.