

April 2024

**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

<p>1</p>	<p>2</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra 11:00 Health Assessment w/Nurse Barbara 12:00 Lentil Soup Swedish Meatballs W/ Pasta, Peas & Carrots 12:45 Exercise w/ Robin</p>	<p>3</p> <p>10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Exercise w/ Nilo 12:00 Pasta Fagioli Chicken Francaise, Rice Pilaf, String Beans 12:45 Exercise w/ Lloyd 12:45 Bingo & Billiards</p>	<p>4</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 CINCO DE MAYO RESTAURANT 12:00 Chicken Noodle Soup Penne a La Vodka w/ Grilled Chicken, Broccoli 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games</p>	<p>5</p> <p>10:00 Coffee, Tea & Socialize 10:45 Sing-A-Long w/ Frank 11:00 CVS Shopping 12:00 Clam Bisque Shrimp Scampi, Rice & Peas 12:45 Yoga/Balance - Sandye 12:45 Arts & Crafts</p>
<p>8</p> <p>10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra 11:00 TRADER JOE'S 12:00 Split Pea Soup Meatloaf, Mash Potatoes, Vegetables 1:00 Tai Chi w/Joseph</p>	<p>9</p> <p><i>Spring Fling Holy Trinity High School Dinner, Dancing & Fun! 3:00 PM - 6:00 PM</i></p> <p>Pick-up between 1:00pm - 2:00 pm</p>	<p>10</p> <p>10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w/ Nilo 12:00 Minestrone Soup Sausage & Peppers, Roasted Potatoes 12:45 Exercise w/ Lloyd 12:45 Bingo & Billiards</p>	<p>11</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Tortellini Soup Chicken Parmesan Pasta Zucchini 12:30 CEC/ CRAFT w/ DEBRA 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games</p>	<p>12</p> <p>10:00 Coffee, Tea & Socialize 11:00 Dollar Store 12:00 Corn Chowder Breaded Fish, Mac & Cheese, Beets 12:45 Yoga/Balance - Sandye 12:45 Arts & Crafts</p>
<p>15</p> <p>10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra 11:00 FOOD SHOPPING 12:00 Beef Barley Soup Keibasa Sayerkraut Potato Pancake 1:00 Tai Chi w/Joseph</p>	<p>16</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/ Sandra 12:00 Black Bean Soup Roast Loin of Pork Roasted Red Skinned Potatoes, Broccoli 12:45 Yoga w/ Ann</p>	<p>17</p> <p>10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w/ Nilo HHLI - Health ED. Fall Prevention 12:00 Chicken Rice Soup Grilled Chicken Cutlet Vegetable Lo Mein 12:45 Exercise w/ Lloyd 12:45 Bingo & Billiards</p>	<p>18</p> <p>10:00 Coffee, Tea & Socialize 10:45 Exercise w/Nick 12:00 Cream of Potato Soup Chili con Carne 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games</p>	<p>19</p> <p>10:00 Coffee, Tea & Socialize 10:45 Sing-A-Long w/ Frank 11:00 CVS Shopping 12:00 Manhattan Clam Chowder Stuffed Shells 12:45 Yoga/Balance - Sandye 12:45 Arts & Crafts</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>10:00 Coffee, Tea & Socialize</p> <p>11:00 Exercise w/ Sandra</p> <p>11:00 TRADER JOE'S</p> <p>12:00 White Bean Soup Breaded Chicken</p> <p>1:00 Tai Chi w/Joseph</p>	<p>23</p> <p>10:00 Coffee, Tea & Socialize</p> <p>10:45 Exercise w/ Sandra</p> <p>12:00 Lentil Soup Sausage & Peppers</p> <p>12:45 Yoga w/ Ann</p> <p>12:45 NUTRITION W/ KY EE ARE YOU SMARTER THAN A NUTRITIONIST?</p>	<p>24</p> <p>10:00 Coffee, Tea & Socialize</p> <p>10:30 Bingo</p> <p>11:00 Zumba w/ Nilo</p> <p>12:00 Split Pea Soup Baked Breaded Fish w/Tartar Sauce</p> <p>12:45 Exercise w/ Lloyd</p> <p>12:45 Bingo & Billiards</p>	<p>25</p> <p>10:00 Coffee, Tea & Socialize</p> <p>10:00 Mount Sinai South Nassau - Vaxmobile</p> <p>10:45 Exercise w/Nick</p> <p>12:00 Vegetable Soup Pork Loin W/ Gravy</p> <p>12:45 Yoga/Balance - Sandye</p> <p>1:00 Billiards, Card Games</p>	<p>26</p> <p>10:00 Coffee, Tea & Socialize</p> <p>10:45 Sing-A-Long w/ Frank</p> <p>11:00 Dollar Store</p> <p>12:00 Chicken Noodle Soup Chili w/ Beef & Beans</p> <p>12:45 Yoga/Balance - Sandye</p> <p>12:45 Arts & Crafts</p>
<p>29</p> <p>10:00 Coffee, Tea & Socialize</p> <p>11:00 Arthritis Foundation Exercise w/Barrie</p> <p>11:00 FOOD SHOPPING</p> <p>12:00 Minestrone Soup Jumbo Ravioli w/ Marinara Sauce</p> <p>1:00 Tai Chi w/Joseph</p>	<p>30</p> <p>10:00 Coffee, Tea & Socialize</p> <p>10:45 Exercise w/ Sandra</p> <p>12:00 White Bean Soup Hamburger on a Bun w/ L & T</p> <p>12:45 Yoga w/ Ann</p>			



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30 am- 2:00 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting:

Birthdays Celebration: April 22nd

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