

**April 2024**  
**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	2	3	4	5
	10:30- Sewing Class w/Caroline Gregory 12PM Noon Swedish Meatballs with Brown Gravy 12:30 – Bingo  1:00 – Card Games	11:00AM – Cornell Nutrition Program 12:00PM Noon Ravioli with Marinara Sauce 12:30 PM Bingo  1:00PM Crochet Class w/Regina Kilpatrick	10:00- Exercise w/Marvin  12:00 Noon Penne a la Vodka with Grilled Chicken 1:00- Bingo/Card Games	
8	9	10	11	12
	10:30- Sewing Class w/Caroline Gregory 12PM Noon Kielbasa with Sauerkraut 12:30 – Bingo  1:00 – Card Games	10:30 AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Chicken Burrito 12:30 PM Bingo  1:00PM Card Games	10:00- Exercise w/Marvin  12:00 Noon Stuffed Shells with Marinara 1:00- Bingo/Card Games	
15	16	17	18	19
	10:30- Sewing Class w/Caroline Gregory 12PM Noon Roast Chicken w/Gravy 12:30 – Bingo  1:00 – Card Games	10:30 AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Meatloaf with Gravy 12:30 PM Bingo  1:00PM Card Games	10:00- Exercise w/Marvin  12:00 Noon Baked Ziti 1:00- Bingo/Card Games	

Monday

Tuesday

Wednesday

Thursday

Friday

22	10:30- Sewing Class w/Caroline Gregory 12PM Noon Sausage and Peppers 12:30 – Bingo  1:00 – Card Games	23	10:30 AM Crochet Class w/Regina Kilpatrick 12:00PM Noon Baked Breaded Fish with Tartar Sauce 12:30 PM Bingo  1:00PM Card Games	24	10:00- Exercise w/Marvin  12:00 Noon Pork Loin with Gravy 1:00- Bingo/Card Games	25	26
29	10:30- Sewing Class w/Caroline Gregory 12PM Noon Hamburger on a Bun with Lettuce & Tomato 12:30 – Bingo  1:00 – Card Games	30					



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

Hours of Operation: 10am – 2PM

Meals suggested contribution: \$3

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