

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

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



**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.