

April 2024

Freeport Senior Community Service Center
66 Church Street, Freeport, NY 11520
516-623-2008



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>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>9:30 to 11:30 HEALTH ASSESSMENT w/BARBARA</p> <p>10:30AM AHRC NASSAU</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>2</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM GOLF PUTTING CONTEST</p>	<p>3</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 SCULPTURE W/VERONICA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>4</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:00 CHAIR YOGA W/SANDYE</p> <p>12PM LUNCH IS SERVED</p> <p>1PM ZUMBA W/ ANDREA</p>	<p>5</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9AM- 2PM MOLLOY NURSE STUDENT VOLUNTEERS</p> <p>9-10AM BREAKFAST</p> <p>10:30AM AHRC NASSAU</p> <p>10:30AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/LLOYD</p>
<p>8</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10AM FCA-LINKAGE ROUNDTABLE W/ AISHA</p> <p>10:30AM AHRC NASSAU</p> <p>11AM CHAIR VOLLEYBALL</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>9</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM CCE NUTRITION ED</p>	<p>10</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10AM HARMONY HEALTH PRESENTATION ON BRAIN FITNESS</p> <p>10:30 SCULPTURE W/VERONICA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>11</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:00 CHAIR YOGA W/SANDYE</p> <p>12PM LUNCH IS SERVED</p> <p>1PM ZUMBA W/ ANDREA</p>	<p>12</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9AM- 2PM MOLLOY NURSE STUDENT VOLUNTEERS</p> <p>9-10AM BREAKFAST</p> <p>10:30AM AHRC NASSAU</p> <p>10:30AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/LLOYD</p> <p>*BABY PICTURES DUE*</p>
<p>15</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30AM AHRC NASSAU</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>16</p> <p>9-10AM BREAKFAST</p> <p>10:30 AEROBICS EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>11:30AM – 2:30PM <i>Spring Fling w/ TONY GRANT</i></p> <p><i>All the pretty flowers in our garden!</i></p>	<p>17</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 SCULPTURE W/VERONICA</p> <p>11AM COMHPS ACTIVITY W/ DEBRA, CHARLES EVANS CENTER</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>18</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:00 CHAIR YOGA W/SANDYE</p> <p>12PM LUNCH IS SERVED</p> <p>1PM ZUMBA W/ ANDREA</p>	<p>19</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30AM AHRC NASSAU</p> <p>10:30AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>12:30PM APRIL BIRTHDAYS</p> <p>1PM EXERCISE W/LLOYD</p>




Monday

Tuesday

Wednesday

Thursday

Friday

<p>22</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10AM FCA-LINKAGE ROUNDTABLE W/ AISHA</p> <p>10:30AM AHRC NASSAU</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>23</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM GAME TIME W/ WADE</p>	<p>24</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 SCULPTURE W/VERONICA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>25</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:00 CHAIR YOGA W/SANDYE</p> <p>12PM LUNCH IS SERVED</p> <p>1PM ZUMBA W/ ANDREA</p>	<p>26</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9AM- 2PM MOLLOY NURSE STUDENT VOLUNTEERS</p> <p>9-10AM BREAKFAST</p> <p>10:30AM AHRC NASSAU</p> <p>10:30AM BINGO!</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/LLOYD</p>
<p>29</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10AM SITE COUNCIL MTG</p> <p>10:30AM AHRC NASSAU</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM LUNCH IS SERVED</p> <p>1PM EXERCISE W/MARVIN</p>	<p>30</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING!</p> <p>9-10AM BREAKFAST</p> <p>10:30 EXERCISE W/VICTORIA</p> <p>12PM LUNCH IS SERVED</p> <p>1PM NAME THAT BABY!!!</p>	<p><i>"Where flowers bloom, so does hope."</i></p> <p>-Lady Bird Johnson</p> 		



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

PROGRAM HOURS OF OPERATION: 8:30AM to 3:00PM

Office hours 8:00AM to 4:00PM

SUGGESTED CONTRUBUTIONS:

Breakfast: **\$2.00**

Lunch: **\$3.00**

Exercise Classes/Support Services: **\$2.00**

Transportation: **\$1.00 per trip**

Transportation is available to and from the center for FREEPORT & ROOSEVELT Senior Center clients. Registration required.

Site Council Meeting: **April 29, 2024**

Birthdays Celebration: **April 19, 2024**

PLEASE CALL **516-623-2008** TO RESERVE MEALS, EXERCISE CLASSES & TRANSPORTATION.

*Reservations must be made by 11:30AM **TWO DAYS** before.*