

June 2026

**Freeport Senior 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 style="text-align: right;">1</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM BREAKFAST BURRITO 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 11AM TAI CHI W/ PAT 12PM SAUSAGE & PEPPERS OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN</p> | <p style="text-align: right;">2</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM FRENCH TOAST 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM CHICKEN PARMIGIANA OR EGG SALAD 1PM TABLE VOLLEYBALL</p> | <p style="text-align: right;">3</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM HUMMUS & EGG TOAST 9:30AM YOGA W/ SANDYE 10:30AM SCULPTURE CLASS W/ VERONICA 12PM GRILLED CHICKEN OR TUNA SALAD 1PM EXERCISE W/MARVIN</p> | <p style="text-align: right;">4</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM EGG TACOS 10:30AM CROCHETING FOR BEGINNERS W/ VILMA & CREW 12PM SWEDISH MEATBALLS OR CHICKEN SALAD 1PM ZUMBA W/ ANDREA</p> | <p style="text-align: right;">5</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM AVOCADO TOAST 10:30AM BINGO! 12PM CHICKEN MARSALA OR HAM & CHEESE SANDWICH 1PM NOODLE SOCCER</p> |
| <p style="text-align: right;">8</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM WHEAT BAGEL W/ VEGGIE CREAM CHEESE 11AM TAI CHI W/ PAT 12PM ROAST PORK OR TURKEY & SWISS SANDWICH 1PM EXERCISE W/MARVIN</p> | <p style="text-align: right;">9</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM CARROT CAKE PANCAKES 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM CHICKEN BURRITO OR SEAFOOD SALAD 1PM SUMMER CRAFTS</p> | <p style="text-align: right;">10</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM MAPLE GRITS W/ NUTS 9:30AM YOGA W/ SANDYE 10:30AM SCULPTURE CLASS W/ VERONICA 12PM BREADED FISH OR EGG SALAD 1PM EXERCISE W/MARVIN</p> | <p style="text-align: right;">11</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM VEGGIE FRITTATA 10:00 NARCAN TRAINING 11AM LINKAGE ROUNDTABLE 12PM GRILLED CHICKEN OR CHICKEN SALAD 1PM ZUMBA W/ ANDREA</p> | <p style="text-align: right;">12</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM SPINACH QUINOA EGGS 10:30AM BINGO! 12PM STUFFED SHELLS OR TUNA SALAD 1PM DIETARY GUIDELINES WORKSHOP</p> |
| <p style="text-align: right;">15</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM SPECIAL K CEREAL 10AM-2PM CATHOLIC HEALTH MOBILE OUTREACH BUS HEALTH SCREENINGS 11AM TAI CHI W/ PAT 12PM STUFFED PEPPERS OR TUNA SALAD 1PM EXERCISE W/MARVIN</p> | <p style="text-align: right;">16</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM GRILLED CHEESE 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM ROASTED CHICKEN OR HAM & CHEESE SANDWICH 1PM GAME TIME W/ WADE</p> | <p style="text-align: right;">17</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM BELGIUM WAFFLES 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 10:30AM SCULPTURE CLASS W/ VERONICA 12PM SAUSAGE & PEPPERS OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN</p> | <p style="text-align: right;">18</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM VEGGIE QUESADILLA 10AM YOGA W/ SANDYE 11AM STROKE AWARENESS PRESENTATION BY NYU LANGONE 12PM BREADED FISH OR EGG SALAD 1PM ZUMBA W/ ANDREA</p> | <p style="text-align: right;">19</p> <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;">JUNETEENTH FREEDOM DAY</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 22 | 23 | 24 | 25 | 26 |
| <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM TOFU SCRAMBLE</p> <p>10:30AM SITE COUNCIL MTG</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM POT ROAST OR EGG SALAD SANDWICH</p> <p>1PM EXERCISE W/MARVIN</p> |  <p>9AM PASTINA SOUP</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE</p>  <p>12PM – 2PM</p> <p>12PM CHICKEN PICATTA OR CHICKEN SALAD</p> <p>SUMMER KICK OFF PARTY A FATHER'S DAY CELEBRATION BEST "DAD MOVES" CONTEST!</p>  | <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM QUINOA & EGGS BREAKFAST BOWL</p> <p>10:30AM SCULPTURE CLASS W/ VERONICA</p> <p>12PM KIELBASA OR TUNA SALAD</p> <p>1PM EXERCISE W/MARVIN</p> | <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM VEGGIE GRITS</p> <p>10:00 YOGA W/SANDYE</p> <p>11AM ACTIVITY W/ DEBRA CHARLES EVANS CENTER</p> <p>11AM DISCOVER LIVE- TOUR OF THESSALONIKI, GREECE</p> <p>12PM TURKEY SWISS SANDWICH</p> <p>1PM ZUMBA W/ ANDREA</p> | <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM FRENCH TOAST CASSEROLE</p> <p>10:30AM BINGO!</p> <p>12PM CHICKEN CORDON BLEU OR EGG SALAD</p> <p>12:30PM BIRTHDAY CAKE</p> <p>1PM CROCHETING FOR BEGINNERS W/ VILMA & CREW</p> <p>11AM LINKAGE ROUNDTABLE</p> |
| 29 | 30 |  <p><i>"Happiness is wind in my hair, sand between my toes and the sun on my skin..."</i></p> | | |
| <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM LOADED VEGGIE PITA POCKET</p> <p>11AM TAI CHI W/ PAT</p> <p>12PM EGGPLANT ROLLATINI WITH ZITI OR CHICKEN SALAD</p> <p>1PM EXERCISE W/MARVIN</p> | <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM MEDITERRANEAN FRITTATA</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>12PM CHICKEN STEW OR TUNA SALAD</p> <p>1PM TABLE VOLLEYBALL</p> | | | |



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:
Freeport, Roosevelt

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



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 Senior Center clients living within a 3-mile radius of the center. Registration required.

Birthdays Celebration: **June 26, 2026**

Next Site Council Meeting: **June 22, 2026**

PLEASE CALL [516-623-2008](tel:516-623-2008) TO RESERVE MEALS, EXERCISE CLASSES & TRANSPORTATION.

Meal reservations must be made by 11:30AM TWO DAYS before
-INDIVIDUALS UNDER 60 YEARS OF AGE MUST PAY THE FULL COST OF EACH MEAL-