

June 2026

**Oceanside Senior 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

1	2	3	4	5
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Lunch 1:00 Tai Chi w/Joseph 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 11:00 Health Assessment w/ Nurse Barbara 11:00 Exercise w/ Sandra 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 11:00 Eisenhower Park Blue Angel 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 1:00 Exercise - TV 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 CVS Shopping 12:00 Lunch 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & Rummikub
8 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ TV 11:00 Trader Joe's 12:00 Lunch 1:00 Tai Chi w/Joseph 1:00 Billiards, Card Games & Rummikub	9 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra 12:00 Bingo 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	10 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Eisenhower Park Risky Business 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards & Rummikub	11 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 12:45 Nutrition w/ Khy Ee Rethink Your Drink 1:00 Exercise - TV 1:00 Billiards, Card Games & Rummikub	12 <div style="text-align: center;"> <h1>CLOSE</h1> <p>STAFF DAY</p> </div>
15 10:00 Coffee, Tea & Socialize 10:00 Vaxmobile 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Lunch 1:00 Tai Chi w/Joseph 1:00 Billiards, Card Games & Rummikub	16 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra 11:00 Bingocize 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	17 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Eisenhower Park Carolyn Benson 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards & Rummikub	18 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 1:00 Exercise - TV 1:00 Billiards, Card Games & Rummikub	19 <div style="text-align: center;"> <p>We will be</p> <h1>CLOSED</h1> <p>June 19th in observance of</p> <h2>Juneteenth</h2> </div>

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Trader Joe's 12:00 Lunch 1:00 Tai Chi w/Joseph 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Eisenhower Park Bob Damato 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards & Rummikub	10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 12:30 Chat & Craft w/ Debra 1:00 Music and Movement 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 Dollar Store 12:00 Lunch 12:45 Yoga/Balance - Sandye 1:00 Howard Comedy Show 1:00 Billiards, Card Games & Rummikub
29	30			
10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 Stop & Shop 12:00 Lunch 1:00 Tai Chi w/Joseph 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra 11:00 Bingocize 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub			



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Hours of Operation: 08:30AM – 03:30PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Exercise suggested contribution: \$2.00

Site Council Meeting: June 11th

Birthdays Celebration: June 11th

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