

July 2026
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
			Summer Beach Day Lido Beach 9AM-3PM 12PM Chicken Salad on Rye	10:00- Exercise w/Marvin  12:00 Noon Swedish Meatballs w/Gravy 1:00- Bingo/Card Games	
6	7	8	9	10	
	10:30AM- Sewing Class w/Caroline Gregory 12PM 12PM Beef Taco with Shredded Lettuce, Tomatoes & Cheese 12:30 – Bingo  1:00 – Card Games	Summer Beach Day Lido Beach 9AM-3PM 12PM Chicken Salad on Rye	10:00- Exercise w/Marvin  12:00 Noon Swedish Meatballw/Gravy 1:00- Bingo/Card Games		
13	14	15	16	17	
	10:30AM- Sewing Class w/Caroline Gregory 12PM 12:30 – Bingo  1:00 – Card Games	Summer Beach Day Lido Beach 9AM-3PM 12PM Chicken Salad on Rye	10:00- Exercise w/Marvin  12:00 Sausage and Peppers with Marinara Sauce 1:00- Bingo/Card Games		

Monday

Tuesday

Wednesday

Thursday

Friday

<p>20</p>	<p>21</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Sloppy Joes 12:30 – Bingo  1:00 – Card Games</p>	<p>22</p> <p>Summer Beach Day Lido Beach 9AM-3PM 12PM Chicken Salad on Rye</p>	<p>23</p> <p>10:00- Exercise w/Marvin  12:00 Noon Stuffed Shells with Marinara over Spinach 1:00- Bingo/Card Games</p>	<p>24</p>
<p>27</p>	<p>28</p> <p>10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Baked Penne Pasta with Spinach & Cheese 12:30 – Bingo  1:00 – Card Games</p>	<p>29</p> <p>Summer Beach Day Lido Beach 9AM-3PM 12PM Chicken Salad on Rye</p>	<p>30</p> <p>10:00- Exercise w/Marvin  12:00 Noon Pot Roast with Gravy 1:00- Bingo/Card Games</p>	<p>31</p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:
Freeport, Roosevelt

Hours of Operation: Tues, Wed, Thurs 10AM-2PM

Meals suggested contribution: \$3.00

Exercise suggested contribution: \$2.00

Site Council Meeting: July 30

Birthdays Celebration: July 30

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