

July 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>1</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM MUSHROOM SOUFFLE 10:30AM SCULPTURE CLASS W/ VERONICA 12PM GREEK SALAD W/ GRILLED CHICKEN OR HAM SANDWICH 1PM EXERCISE W/MARVIN</p>	<p>2</p> <p>TOWN OF HEMPSTEAD SUMMER LIDO BEACH PROGRAM <i>Bus Pickup 9:15am. Limited seating, MUST RSVP</i> 9AM PASTINA SOUP W/ EGG 10AM YOGA W/ SANDYE 12PM TUNA SALAD ON RYE 1PM GAMES WITH WADE</p>	<p>3</p>  <p>CENTER CLOSED</p>
<p>6</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM CEREAL OF CHOICE 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 11AM CARDIO CLASS W/ CATHY <i>*No Tai Chi, Pat is Away</i> 12PM CHICKEN W/ MOZZARELLA & SPINACH OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN</p>	<p>7</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM GRILLED SWISS & TOMATO 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM BEEF TACOS OR EGG SALAD 1PM CREATIVE CRAFTS W/ HEATHER</p>	<p>8</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM AVOCADO NAAN 10:30AM SCULPTURE CLASS W/ VERONICA 12:30PM DISCOVER LIVE! VIRTUAL TOUR NORWICH ENGLAND 12PM CHICKEN CORDON BLEU OR TUNA SALAD 1PM EXERCISE W/MARVIN</p>	<p>9</p> <p>TOWN OF HEMPSTEAD SUMMER LIDO BEACH PROGRAM <i>Bus Pickup 9:15am. Limited seating, MUST RSVP</i> 9AM GRITS W/ SAUSAGE 10AM YOGA W/ SANDYE 12PM CHICKEN CUTLET WRAP 1PM GAMES WITH WADE</p>	<p>10</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM SOUTHWESTERN EGG SCRAMBLE 10:30AM BINGO! 12PM SWEDISH MEATBALLS OR HAM SANDWICH 12:30PM CROCHETING FOR BEGINNERS W/ VILMA & CREW</p>
<p>13</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM SAUSAGE, EGG, CHEESE HASHBROWN CASSEROLE 10:30AM SITE COUNCIL MTG 11AM CARDIO CLASS W/ CATHY <i>*No Tai Chi, Pat is Away</i> 12PM BREADED FISH OR THIN SLICED TURKEY SANDWICH 1PM EXERCISE W/MARVIN</p>	<p>14</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM BANANA NUT PANCAKES 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM JUMBO RAVIOLI OR SEAFOOD SALAD 1PM PRESENTATION FROM AARP & DEBRA FROM CHARLES EVANS CENTER</p>	<p>15</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM BREAKFAST BOWL: EGGS, BLK BEANS & TOMATOES 10:30AM SCULPTURE CLASS W/ VERONICA 12PM CHICKEN PICATTA OR EGG SALAD SANDWICH 1PM EXERCISE W/MARVIN</p>	<p>16</p> <p>TOWN OF HEMPSTEAD SUMMER LIDO BEACH PROGRAM <i>Bus Pickup 9:15am. Limited seating, MUST RSVP</i> 9AM PEAS & CHEDDAR FRITTATA 10AM YOGA W/ SANDYE 12PM CHICKEN SALAD SANDWICH ON WW 12:30PM DISCOVER LIVE! VIRTUAL TOUR FLORENCE ITALY</p>	<p>17</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM OVERNIGHT OATS 10:30AM BINGO! 12PM CHICKEN QUINOA BOWL OR TUNA SALAD 12:30PM BIRTHDAY CAKE 1PM TABLE VOLLEYBALL</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM LOADED VEG PITA POCKET</p> <p>9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA</p> <p>11AM CARDIO CLASS W/ CATHY <i>*No Tai Chi, Pat is Away</i></p> <p>12PM PORK LOIN OR CHICKEN SALAD</p> <p>1PM EXERCISE W/MARVIN</p>	<p>21</p> <p>9AM BELGIUM WAFFLES</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>12PM HAWAIIAN CHICKEN OR HAM SANDWICH</p> <p>12PM – 2:00PM SUMMER LUAU W/ GUEST DJ</p> 	<p>22</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM PASTINA SOUP W/ VEG</p> <p>10:30AM SCULPTURE CLASS W/ VERONICA</p> <p>12PM SLOPPY JOES OR SEAFOOD SALAD</p> <p>1PM EXERCISE W/MARVIN</p>	<p>23</p> <p>TOWN OF HEMPSTEAD</p> <p><i>SUMMER LIDO BEACH PROGRAM</i></p> <p><i>Bus Pickup 9:15am. Limited seating, MUST RSVP</i></p> <p>9AM PB BAGEL & APPLE CINNAMON OATMEAL</p> <p>10AM YOGA W/ SANDYE</p> <p>12PM CHICKEN CAESAR WRAP</p> <p>1PM GAMES WITH WADE</p>	<p>24</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM AVOCADO TOAST W/ EGG</p> <p>10:30AM BINGO!</p> <p>12PM CHICKEN SORRENTINO OR TUNA SALAD SANDWICH</p> <p>12:30PM CROCHETING FOR BEGINNERS W/ VILMA & CREW</p>
<p>27</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM BREAKFAST TACOS</p> <p>11AM CARDIO CLASS W/ CATHY <i>*No Tai Chi, Pat is Away</i></p> <p>12PM POTATO & EGG FRITTATA OR TUNA SALAD</p> <p>1PM EXERCISE W/MARVIN</p>	<p>28</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM MAPLE GRITS W/ NUTS</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>12PM BAKED PENNE PASTA OR CHICKEN SALAD</p> <p>1PM CREATIVE CRAFTS W/ HEATHER</p>	<p>29</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM PISTACHIO FRENCH TOAST CASSEROLE</p> <p>10:30AM SCULPTURE CLASS W/ VERONICA</p> <p>12PM SPAGHETTI & MEATBALLS OR TURKEY SANDWICH</p> <p>1PM EXERCISE W/MARVIN</p>	<p>30</p> <p>TOWN OF HEMPSTEAD</p> <p><i>SUMMER LIDO BEACH PROGRAM</i></p> <p><i>Bus Pickup 9:15am. Limited seating, MUST RSVP</i></p> <p>9AM COUNTRY CASSEROLE W/ EGG, POTATO, SAUSAGE & CHEESE</p> <p>10AM YOGA W/ SANDYE</p> <p>12PM CORNED BEEF & CABBAGE</p> <p>1PM GAMES WITH WADE</p>	<p>31</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING</p> <p>9AM YOGURT PARFAIT W/ ALMOND BUTTER TOAST</p> <p>10:30AM YARD GAMES & RELAY CHALLENGE W/ STAFF</p> <p>12PM CHICKEN PARM OR EGG SALAD</p> <p>12:30PM BINGO!</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: **July 17, 2026**

Next Site Council Meeting: **July 13, 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-