

July 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

		 <p>10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00</p>	<p>2 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 1:00 Exercise TV 1:00 Billiards & Rummikub</p>	<p>3 </p>
<p>6 10:00 Coffee, Tea & Socialize 11:00 Exercise - TV 11:00 Trader Joe's 12:00 Lunch 1:00 Tai Chi w/Joseph 1:00 Billiards, Card Games & Rummikub</p>	<p>7 10:00 Coffee, Tea & Socialize 11:00 Health Assessment w/ Nurse Barbara 11:00 Exercise w/ Sandra Bingocize 12:00 Lunch 12:45 Yoga Exercise w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub</p>	<p>8 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 11:00 Eisenhower Park Eddie Sessa 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, Card Games & Rummikub</p>	<p>9 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 1:00 Exercise TV 1:00 Craft 1:00 Billiards, Card Games & Rummikub</p>	<p>10 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</p>
<p>13 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</p>	<p>14 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingo 11:00 Lido Beach 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub</p>	<p>15 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Balance Exercise- Kathy /Lynbrook Restorative 12:45 Bingo 1:00 Billiards, Card Games & Rummikub</p>	<p>16 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 12:30 Chat & Craft w/ Debra 1:00 Exercise TV 1:00 Billiards, Card Games & Rummikub</p>	<p>17 10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 Dollar Store 12:00 Lunch 12:30 Dietary Guideline Workshop/Rosella 12:45 Yoga/Balance – Sandye 1:00 Billiards, Card Games & Rummikub</p>

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
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 Bingocize 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 Dennis Dell 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 Discover USA 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 Craft 1:00 Billiards, Card Games & Rummikub
27	28	29	30	31
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 Bingo 11:00 Lido Beach 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 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	10:00 Coffee, Tea & Socialize 10:00 Vaxmobile 10:45 Nilo – Aerobics 11:00 Nutrition Counseling 12:00 Lunch 12: 45 Hepatobiliary Health Presentation 1:00 Exercise TV 1:00 Billiards & 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 Billiards, Card Games & Rummikub



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:

**Baldwin, East Rockaway, Island Park, Lynbrook,
 Oceanside, Rockville Centre, Valley Stream**

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: July 21st

Birthdays Celebration: July 16th

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