

August 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

3	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Chicken Cordon Blue 12:30 – Bingo  1:00 – Card Games	4	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Chicken Cordon Blue 12:30 – Bingo  1:00 – Card Games	5	Senior Program Beach Day 9AM-2PM Alternative Lunch Oven Roasted Turkey with Bread & LT and Cold Pasta Salad 	6	10:00- Exercise w/Marvin  12:00 Noon Swedish Meatballw/Gravy 1:00- Bingo/Card Games	7	
10	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Beef Taco 12:30 – Bingo  1:00 – Card Games	11	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Beef Taco 12:30 – Bingo  1:00 – Card Games	12	Senior Program Beach Day 9AM-2PM Alternative Lunch Tuna Salad on Rye and Cold Pasta Salad 	13	10:00- Exercise w/Marvin  12:00 Noon Breaded Fish 1:00- Bingo/Card Games	14	
17	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Stuffed Shells 12:30 – Bingo  1:00 – Card Games	18	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Stuffed Shells 12:30 – Bingo  1:00 – Card Games	19	Senior Program Beach Day 9AM-2PM Alternative Lunch Egg Salad on Wheat and Cold Pasta Salad 	20	10:00- Exercise w/Marvin  12:00 Noon Loin Pork with Gravy 1:00- Bingo/Card Games	21	

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24	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Chicken Francaise 12:30 – Bingo  1:00 – Card Games	25	Senior Program Beach Day 9AM-2PM Alternative Lunch Seafood Salad on Tortilla with L&T and Pasta Salad 	26	10:00- Exercise w/Marvin  12:00 Noon Egg Salad on Wheat w/L&T 1:00- Bingo/Card Games	27	28
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BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Area Served:
 Freeport, Roosevelt

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

Meals suggested contribution: \$3.00

Transportation suggested contribution:

Exercise suggested contribution: \$2.00

Site Council Meeting: August 27, 2026

Birthdays Celebration: August 27, 2026

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