

August 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

3 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	4 10:00 Coffee, Tea & Socialize 11:00 Health Assessment w/ Nurse Barbara 11:00 Lido Beach 11:00 Exercise w/ Sandra Bingocize 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	5 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	6 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 12:45 Falun Dafa exercise 1:00 Billiards, Card Games & Rummikub	7 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
10 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	11 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	12 10:00 Coffee, Tea & Socialize 10:30 Bingo 10:30 Eisenhower Park Barbara Harris 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards & Rummikub	13 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 12:30 Chat & Craft w/ Debra 1:00 Exercise w/Lydia 1:00 Billiards, Card Games & Rummikub	14 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
17 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	18 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingocize 11:00 Lido Beach 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	19 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	20 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 11:00 Nutrition Counseling 12:00 Lunch 12:45 Falun Dafa exercise 1:00 Billiards, Card Games & Rummikub	21 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

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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: August 19th

Birthdays Celebration: August

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