

# August 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

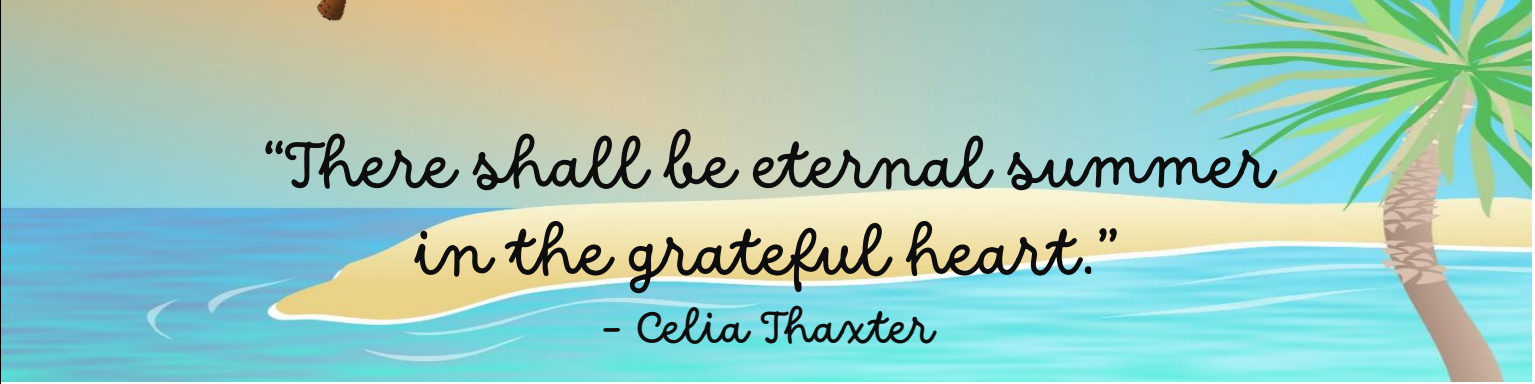
Tuesday

Wednesday

Thursday

Friday

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| <p>3</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM TOFU SCRAMBLE</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 CHICKEN PENNE ALA VODKA OR EGG SALAD</p> <p>1PM EXERCISE W/MARVIN</p>                                                 | <p>4</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM PASTINA SOUP</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>12PM CHICKEN CORDON BLEU OR TUNA SALAD</p> <p>1PM CREATIVE CRAFTS W/ HEATHER: DECORATIVE PLATE</p>                                       | <p>5</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM CHEESE GRITS</p> <p>10:30AM SCULPTURE CLASS W/ VERONICA</p> <p>12PM GREEK SALAD W/ CHICKEN OR TURKEY SANDWICH</p> <p>1PM EXERCISE W/MARVIN</p>                     | <p>6</p> <p>TOWN OF HEMPSTEAD SUMMER LIDO BEACH PROGRAM</p> <p>Bus Pickup 9:15am. Limited seating, <u>MUST RSVP</u></p> <p>9AM BREAKFAST SANDWICH</p> <p>10AM YOGA W/ SANDYE</p> <p>11AM COMHPS ACTIVITY W/ DEBRA FROM CHARLES EVANS</p> <p>12PM TUNA SALAD ON RYE</p> <p>1PM GAMES W/ WADE</p> | <p>7</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM APPLE CINNAMON RAISIN OATMEAL</p> <p>10:30AM BINGO!</p> <p>12PM CHICKEN TOPPED W/ SPINACH &amp; MOZZARELLA OR CHICKEN SALAD</p> <p>12:30PM CROCHETING FOR BEGINNERS W/ VILMA &amp; CREW</p> |
| <p>10</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM BAGEL W/ VEGGIE CREAM CHEESE &amp; BOILED EGGS</p> <p>11AM CARDIO CLASS W/ CATHY <i>*No Tai Chi, Pat is Away</i></p> <p>12PM CHICKEN BRUSCHETTA OR SEAFOOD SALAD</p> <p>1PM EXERCISE W/MARVIN</p>                                                                     | <p>11</p> <p>PICNIC WITH A VIEW @WATERFRONT PARK 9AM – 2PM</p> <p>RESERVATION REQUIRED</p> <p>9-10AM CEREAL &amp; GREEK YOGURT W/ FRUIT &amp; NUTS</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>12PM CHEESEBURGERS OR TURKEY WRAPS</p> <p>12:30PM OUTDOOR GAMES</p>              | <p>12</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM VEGGIE &amp; SWISS CASSEROLE</p> <p>10:30AM SCULPTURE CLASS W/ VERONICA</p> <p>12PM RAVIOLI IN MEAT SAUCE OR TUNA SALAD SANDWICH</p> <p>1PM EXERCISE W/MARVIN</p> | <p>13</p> <p>TOWN OF HEMPSTEAD SUMMER LIDO BEACH PROGRAM</p> <p>Bus Pickup 9:15am. Limited seating, <u>MUST RSVP</u></p> <p>9AM TORTILLA W/ BLACK BEAN, EGG, SALSA</p> <p>10AM YOGA W/ SANDYE</p> <p>12PM SEAFOOD SALAD WRAP</p> <p>1PM GAMES W/ WADE</p>                                       | <p>14</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM MIXED BERRIES FRENCH TOAST CASSEROLE</p> <p>10:30AM BINGO!</p> <p>12PM CHICKEN FAJITAS OR TURKEY SANDWICH</p> <p>1PM TABLE VOLLEYBALL</p>                                                  |
| <p>17</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM GREEK BREAKFAST PITA</p> <p>9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA</p> <p>10:30AM SITE COUNCIL MTG</p> <p>11AM CARDIO CLASS W/ CATHY <i>*No Tai Chi, Pat is Away</i></p> <p>12PM CHICKEN PICATTA OR HAM &amp; CHEESE SANDWICH</p> <p>1PM EXERCISE W/MARVIN</p> | <p>18</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM RICOTTA PANCAKES</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>11AM NUTRITION COUNSELING</p> <p>12PM STUFFED SHELLS OR SEAFOOD SALAD</p> <p>1PM CREATIVE CRAFTS W/ HEATHER: CARNIVAL HEADPIECE</p> | <p>19</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM PASTINA SOUP</p> <p>10:30AM SCULPTURE CLASS W/ VERONICA</p> <p>12PM EGG FRITTATA W/ POTATOES OR EGG SALAD</p> <p>1PM EXERCISE W/MARVIN</p>                        | <p>20</p> <p>TOWN OF HEMPSTEAD SUMMER LIDO BEACH PROGRAM</p> <p>Bus Pickup 9:15am. Limited seating, <u>MUST RSVP</u></p> <p>9AM GRILLED CHEESE</p> <p>10AM YOGA W/ SANDYE</p> <p>12PM CHICKEN SALAD WRAP</p> <p>1PM GAMES W/ WADE</p>                                                           | <p>21</p> <p>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</p> <p>9AM BACON, EGG &amp; CHEESE POTATO BOWL</p> <p>10:30AM BINGO!</p> <p>12PM POT ROAST OR CHICKEN SALAD</p> <p>12:30PM BIRTHDAY CAKE</p> <p>1PM BINGOSIZE DEMO</p>                                |

| Monday                                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                              |
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| <p>24</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</b></p> <p>9AM CEREAL OF CHOICE</p> <p><b>11AM CARDIO CLASS W/ CATHY</b> *No Tai Chi, Pat is Away</p> <p>12PM CHEESE LASAGNA OR CHICHEN SALAD</p> <p><b>1PM EXERCISE W/MARVIN</b></p>                                                                                   | <p>25</p> <p>9AM MAPLE GRITS</p> <p>10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA</p> <p>12PM ROASTED CHICKEN OR TURKEY SANSWICH</p> <p><b>12PM - 2PM</b></p> <p><b>Caribbean Carnival</b></p> <p><b>DJ W.I.S.E.</b></p> | <p>26</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</b></p> <p>9AM ROLLED OATS</p> <p><b>10:30AM SCULPTURE CLASS W/ VERONICA</b></p> <p>12PM STUFFED CHICKEN OR SEAFOOD SALAD</p> <p><b>1PM EXERCISE W/MARVIN</b></p> | <p>27</p> <p><b>TOWN OF HEMPSTEAD</b></p> <p><b>SUMMER LIDO BEACH PROGRAM</b></p> <p><b>Bus Pickup 9:15am. Limited seating, <u>MUST RSVP</u></b></p> <p>9AM COUNTRY CASSEROLE</p> <p><b>10AM YOGA W/ SANDYE</b></p> <p>12PM TURKEY &amp; SWISS WRAP</p> <p><b>1PM GAMES W/ WADE</b></p> | <p>28</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</b></p> <p>9AM OVERNIGHT OATS W/ CHIA &amp; BERRIES</p> <p><b>10:30AM BINGO!</b></p> <p>12PM BAKED FISH OR TUNA SALAD</p> <p><b>12:30PM CROCHETING FOR BEGINNERS W/ VILMA &amp; CREW</b></p> |
| <p>31</p> <p><b>ALL DAY GAMES, COLORING, WORD SEARCH &amp; SOCIALIZING</b></p> <p>9AM CAPRESE FRITTATA</p> <p><b>10AM-2PM CATHOLIC HEALTH MOBILE OUTREACH BUS HEALTH SCREENINGS</b></p> <p><b>11AM CARDIO CLASS W/ CATHY</b> *No Tai Chi, Pat is Away</p> <p>12PM ROASTED TURKEY W/ GRAVY OR EGG SALAD</p> <p><b>1PM EXERCISE W/MARVIN</b></p> |  <p><i>"There shall be eternal summer in the grateful heart."</i></p> <p><i>- Celia Thaxter</i></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: **August 21, 2026**

Next Site Council Meeting: **August 17, 2026**

**PLEASE CALL 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-**