

September 2026

**Freeport Senior Community Service 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

	1 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM PEA & SWISS FRITTATA 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 11:30AM ENNOBLE CARE INFO SESSION NW/ SARA 12PM SPAGHETTI & MEATBALLS OR TUNA SALAD 1PM TABLE VOLLEYBALL	2 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM EGG SWEET POTATO HASH 10:45AM EMF FARMER'S MARKET TRIP 10:30AM SCULPTURE CLASS W/ VERONICA 11AM COMHPS ACTIVITY W/ DEBRA FROM CHARLES EVANS 12PM SAUSAGE & PEPPERS OR CHICKEN SALAD WRAP 1PM EXERCISE W/MARVIN	3 LAST DAY! TOWN OF HEMPSTEAD SUMMER LIDO BEACH PROGRAM Bus Pickup 9:15am. Limited seating, MUST RSVP 9AM FRENCH TOAST 10AM YOGA W/ SANDYE 12PM CORNED BEEF & CABBAGE 1PM GAMES W/ WADE	4 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM EGG SPINACH & FETA PITA 10:30AM CREATIVE CRAFTS W/ HEATHER: DOT EGGS 12PM CHICKEN PARM OR HAM & CHEESE SANDWICH 12:30PM BINGO!
7 CENTER CLOSED 	8 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM PASTINA SOUP 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 11:30AM ENNOBLE CARE INFO SESSION NW/ SARA 12PM BEEF TACOS OR TURKEY & SWISS SANDWICH 1PM CROCHETING FOR BEGINNERS W/ VILMA	9 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM CHEESE GRITS 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 10:30AM SCULPTURE CLASS W/ VERONICA 12PM PASTA PRIMAVERA W/ CHICKEN OR TUNA SALAD 1PM EXERCISE W/MARVIN	10 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM EGG & CHEESE SANDWICH 10AM YOGA W/ SANDYE 11AM LOW IMPACT EXERCISES W/ GUEST INSTRUCTOR RAYMOND MATA 12PM CHICKEN QUINOA OR CHICKEN SALAD WRAP 1PM ZUMBA W/ ANDREA	11 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM SOUTHWESTERN EGG SCRAMBLE W/ RYE TOAST 10:30AM BINGO! 12PM CHICKEN PARM OR SEAFOOD SALAD 1PM SPECIAL ART PROJECT: DRAGONEYES W/ HEATHER CLASS 1 OF 3
14 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM AVOCADO TOAST 11AM TAI CHI W/ PAT 12PM POTROAST W/ GRAVY OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN	15 ALL DAY GAMES, COLORING WORD SEARCH & SOCIALIZING 9AM BANANA NUT PANCAKES 10AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM JUMBO RAVIOLI OR EGG SALAD SANDWICH 1PM GAME TIME W/ WADE	16 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM VEGGIE HASH WRAP 10:30AM SCULPTURE CLASS W/ VERONICA 12PM BREADED FISH OR CHICKEN SALAD WRAP 1PM EXERCISE W/MARVIN	17 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM EGG, SPINACH, CHEESE 10AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 10AM YOGA W/ SANDYE 11AM CROCHETING FOR BEGINNERS W/ VILMA 12PM ROASTED TURKEY WITH GRAVY OR TUNA SALAD 1PM ZUMBA W/ ANDREA	18 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM LOADED PITA POCKET 10:30AM BINGO! 12PM GRILLED CHICKEN & SPINACH OR HAM SANDWICH 12:30PM BIRTHDAY CAKE! 1PM SPECIAL ART PROJECT: DRAGONEYES W/ HEATHER CLASS 2 OF 3

Monday

Tuesday

Wednesday

Thursday

Friday

21 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM STRAWBERRY BANANA FRENCH TOAST CASSEROLE 10:30AM SITE COUNCIL MTG 11AM TAI CHI W/ PAT 12PM STUFFED SHELLS OR CHICKEN SALAD WRAP 1PM EXERCISE W/MARVIN	22 9AM LEMON RICOTTA PANCAKES 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM STUFFED PEPPERS OR SEAFOOD SALAD 12:30PM PUMPKIN CRAFTS 1PM NUTRITION EDUCATION	23 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM PASTINA SOUP 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 10:30AM SCULPTURE CLASS W/ VERONICA 12PM FRITTATA W/ VEGGIES OR TURKEY& SWISS SANDWICH 1PM EXERCISE W/MARVIN	24 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9AM GRILLED CHEESE 10AM YOGA W/ SANDYE 11AM ART PROJECT: BUTTERFLY LEAF PAINTING 12PM SWEDISH MEATBALLS OR EGG SALAD SANDWICH 1PM ZUMBA W/ ANDREA	25 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM OVERNIGHT OATS W/ BERRIES 10:30AM BINGO! 12PM CHICKEN FRANCAISE OR TUNA SALAD SANDWICH 1PM SPECIAL ART PROJECT: DRAGONEYES W/ HEATHER CLASS 3 OF 3
28 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM BACON EGG & CHEESE POTATO BOWL 11AM TAI CHI W/ PAT 12PM PORK LOIN OR TUNA SALAD SANDWICH 1PM EXERCISE W/MARVIN	29 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9AM FRENCH TOAST 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM CHICKEN SALAD OR KIELBASA W/ SAUERKRAUT 11:30AM – 2PM ROOTIN' TOOTIN' RODEO! W/SAL RIZZO & THE BAY CITY RAMBLERS. <u>YEEHAW!</u>	30 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM BREAKFAST BURRITO 10:30AM SCULPTURE CLASS W/ VERONICA 10:45AM EMF FARMER'S MARKET TRIP 12PM CHICKEN MARSALA OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN	 HELLO FALL SEASON	



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: **September 18, 2026**

Next Site Council Meeting: **September 21, 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-