

September 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

	1 10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Chicken Cordon Blue 12:30 – Bingo  1:00 – Card Games	2 Senior Program Beach Day 9AM-2PM Alternative Lunch Oven Roasted Turkey with Bread & LT and Cold Pasta Salad 	3 10:00- Exercise w/Marvin  12:00 Noon Swedish Meatballw/Gravy 1:00- Bingo/Card Games	4
7	8 10:30AM- Sewing Class w/Caroline Gregory 12PM Beef Taco with Shredded Lettuce & Tomato 12:30 – Bingo  1:00 – Card Games	9 10:30AM- Crochet w/Regina Kilpatrick 12PM Pasta Primavera with Grilled Chicken 12:30 – Bingo  1:00 – Card Games	10 10:00- Exercise w/Marvin  12:00 Noon Chicken Quinoa 1:00- Bingo/Card Games	11
14	15 10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Jumbo Raviolo with Meat Sauce 12:30 – Bingo  1:00 – Card Games	16 10:30AM- Crochet w/Regina Kilpatrick 12PM Noon Breaded Fish w/Tarter Sauce 12:30 – Bingo  1:00 – Card Games	17 10:00- Exercise w/Marvin  12:00 Noon Roast Turkey w/Gravy 1:00- Bingo/Card Games	18

Monday

Tuesday

Wednesday

Thursday

Friday

21	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Stuff Peppers w/Beef 12:30 – Bingo  1:00 – Card Games	22	10:30AM- Crochet w/Regina Kilpatrick 12PM Noon Frittata w/Cheese and Spinach 12:30 – Bingo  1:00 – Card Games	23	10:00- Exercise w/Marvin  12:00 Noon Swedish Meatballw/Gravy 1:00- Bingo/Card Games	24	25
28	10:30AM- Sewing Class w/Caroline Gregory 12PM Kielbasa w/Sauerkraut 12:30 – Bingo  1:00 – Card Games	29	10:30AM- Crochet w/Regina Kilpatrick 12PM Noon Chicken Marsala 12:30 – Bingo  1:00 – Card Games	30	10:00- Exercise w/Marvin  12:00 Noon Pot Roast w/Gravy 1:00- Bingo/Card Games	1	



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Area Served:
 Freeport, Roosevelt

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

Meals suggested contribution: \$3.00

Transportation suggested contribution:

Exercise suggested contribution: \$2.00

Site Council Meeting: September 24

Birthdays Celebration: September 24

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