

September 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

	1 10:00 Coffee, Tea & Socialize 11:00 Health Assessment w/ Nurse Barbara 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	2 10:00 Coffee, Tea & Socialize 10:30 Lido Beach 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, & Rummikub	3 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 1:00 Exercise /TV 1:00 Billiards, Card Games & Rummikub	4 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
7 WE WILL BE CLOSED ON LABOR DAY  source: pixabay.com	8 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	9 10:00 Coffee, Tea & Socialize 10:30 EisenHower Park Louis Del Prete 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, & Rummikub	10 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 12:30 Chat & Craft w/ Debra Name Tags 1:00 Exercise /TV 1:00 Billiards, Card Games & Rummikub	11 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
14 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	15 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	16 10:00 Coffee, Tea & Socialize 10:30 EisenHower Park The Clusters 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards & Rummikub	17 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 12:45 Nutrition w/ Khy Ee Nutrition & Eye Health 1:00 Exercise /TV 1:00 Billiards, Card Games & Rummikub	18 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

Monday	Tuesday	Wednesday	Thursday	Friday
21 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	22 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	23 10:00 Coffee, Tea & Socialize 10:00 Vaxmobile- Flu shots 10:30 EisenHower Park The Tercels 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, & Rummikub	24 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 12:30 Chat & Craft w/ Debra Name Tags 1:00 Exercise /TV 1:00 Billiards, Card Games & Rummikub	25 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
28 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	29 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Yoga w/ Anne 12:45 Bingo 1:00 Billiards & Rummikub	30 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Balance Exercise- Kathy /Lynbrook Restorative 12:45 Bingo 1:00 Billiards, & Rummikub		



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: September 22nd

Birthdays Celebration: September 17th

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