

October 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 10:00- Exercise w/Marvin  12:00 Noon Swedish Meatballw/Gravy 1:00- Bingo/Card Games	2
5	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Beef Taco 12:30 – Bingo  1:00 – Card Games	7 10:30AM- Crochet w/Regina Kilpatrick 11AM 12PM Stuffed Shells 12:30 – Bingo  1:00 – Card Games	8 10:00- Exercise w/Marvin  12:00 Noon Sausage and Peppers 1:00- Bingo/Card Games	9
12	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Chicken Parmigiana 12:30 – Bingo  1:00 – Card Games	13 11AM- Cornell University Nutrition Seminar 12PM Sloppy Joes 12:30 – Bingo  1:00 – Card Games	14 10:00- Exercise w/Marvin  12:00PM Roast Turkey w/Gravy 1:00- Bingo/Card Games	15
				16

Monday

Tuesday

Wednesday

Thursday

Friday

19	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Penne Ala Vodka w/Grilled Chicken 12:30 – Bingo  1:00 – Card Games	20	10:30AM- Crochet w/Regina Kilpatrick 12PM Chicken topped with Mozzarella & Spinach in Marsala Sauce 12:30 – Bingo  1:00 – Card Games	21	10:00- Exercise w/Marvin  12:00 Noon Swedish Meatball W/Gravy 1:00- Bingo/Card Games	22	23
26	10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Jumbo Ravioli w/Meat Sauce 12:30 – Bingo  1:00 – Card Games	27	10:30AM- Crochet w/Regina Kilpatrick 12PM Chicken Marsala 12:30 – Bingo  1:00 – Card Games	28	10:00- Exercise w/Marvin  12:00 Noon Pot Roast w/Gravy 1:00- Bingo/Card Games	29	30



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:
Freeport, Roosevelt

Hours of Operation: Tuesday, Wed, Thurs 10AM-2PM

Meals suggested contribution: \$3.00

Transportation suggested contribution:

Exercise suggested contribution: \$2.00

Site Council Meeting: October 29

Birthdays Celebration: October 29

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