

October 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

"Autumn is a second spring, when every leaf is a flower"



FIRE DRILL DAY!

1

ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING
9AM- 2:30PM MOLLOY NURSE
STUDENT VOLUNTEERS
9AM FRENCH TOAST W/
CHICKEN SAUSAGE
10AM YOGA W/ SANDYE
11AM RENAISSANCE CRAFTS
12PM POT ROAST OR HAM &
CHEESE SANDWICH ON RYE
1PM ZUMBA W/ ANDREA

2

ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING

9AM WHOLE WHEAT GRILLED
CHEESE W/ TOMATO & BACON
10:30AM BINGO!
12PM CHICKEN CORDON BLEU OR
EGG SALAD SANDWICH
1PM SPECIAL ART PROJECT:
DRAGONEYES W/ HEATHER.
GROUP 1, SESSION 3 OF 3

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ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING

9AM AVOCADO TOAST
9:30AM to 11:30AM HEALTH
ASSESSMENT w/BARBARA
11AM TAI CHI W/ PAT
12PM CHICKEN PICATTA OR
SEAFOOD SALAD
1PM EXERCISE W/MARVIN

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9AM- 2:30PM MOLLOY
NURSE STUDENT VOLUNTEERS
9AM CHEESE GRITS
10:30AM ARTHRITIS
FOUNDATION EXERCISE
W/VICTORIA
12PM CHICKEN STEW OR
TURKEY SANDWICH
RENAISSANCE FAIRE
•STUDENT JOUSTING •JESTER'S RUN
•GAMES •RAFFLES •HEARTY MEAL
•KING & QUEEN CROWNING

7

ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING

9AM APPLE CINNAMON
PANCAKES
10:30AM CARDIO CLASS W/
CATHY
12PM STUFFED SHELLS OR
TUNA SALAD SANDWICH
1PM EXERCISE W/MARVIN

8

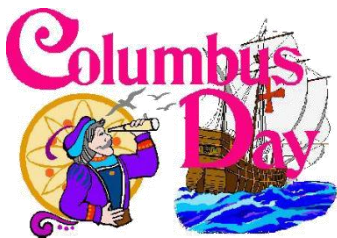
9AM- 2:30PM MOLLOY NURSE
STUDENT VOLUNTEERS
9AM EGG & TURKEY
SANDWICH
10AM YOGA W/ SANDYE
11AM HALLOWEEN CRAFTS
11AM CROCHETING FOR
BEGINNERS W/ VILMA
12PM SAUSAGE & PEPPERS OR
CHICKEN SALAD WRAP
1PM ZUMBA W/ ANDREA

9

ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING
9AM PEACHY OATMEAL BAKE
9:30AM-2:30PM CATHOLIC
HEALTH MOBILE OUTREACH BUS -
FLU VACCINATIONS
10:30AM BINGO!
12PM SPAGHETTI & MEATBALLS
OR HAM & CHEESE SANDWICH
1PM SPECIAL ART PROJECT:
DRAGONEYES W/ HEATHER.
GROUP 2, SESSION 1 OF 3

12

CENTER CLOSED



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ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING
9AM- 2:30PM MOLLOY NURSE
STUDENT VOLUNTEERS
9AM VEGETABLE CASSEROLE
10:30AM ARTHRITIS
FOUNDATION EXERCISE
W/VICTORIA
12PM CHICKEN PARMIGIANA
OR SEAFOOD SALAD
1PM TABLE VOLLEYBALL

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ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING

9AM BANANA NUT PANCAKES
10:30AM CARDIO CLASS W/
CATHY
12PM SLOPPY JOE OR TURKEY
& SWISS SANDWICH
1PM EXERCISE W/MARVIN

15

ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING
9AM- 2:30PM MOLLOY NURSE
STUDENT VOLUNTEERS
9AM EGG & SPINACH WRAP
10AM YOGA W/ SANDYE
11AM STUDENT TRIVIA
GAME
12PM ROASTED TURKEY OR
TUNA SALAD SANDWICH
1PM ZUMBA W/ ANDREA

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ALL DAY GAMES, COLORING,
WORD SEARCH & SOCIALIZING
9AM BREAKFAST SALAD
10:30AM BINGO!
11:00AM CARDIO DRUMMING
CLASS, LYNBROOK RESTORATIVE
12PM BAKED FISH OR CHICKEN
SALAD
12:30PM BIRTHDAY CAKE
1PM SPECIAL ART PROJECT:
DRAGONEYES W/ HEATHER.
GROUP 2, SESSION 2 OF 3

Monday	Tuesday	Wednesday	Thursday	Friday
19 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM GREEK EGG PITA POCKET 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 11AM TAI CHI W/ PAT 12PM SAUERBRATEN OR CHICKEN SALAD 1PM EXERCISE W/MARVIN	20 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9AM PUMPKIN PANCAKES 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM PASTA ALA VODKA W/ CHICKEN OR HAM SANDWICH 1PM FALL PREVENTION STUDENT PRESENTATION	21 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM PASTINA SOUP W/ EGG 10:30AM CARDIO CLASS W/ CATHY 12PM CHICKEN & MOZARELLA OVER SPINACH OR SEAFOOD SALAD WRAP 1PM EXERCISE W/MARVIN	22 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9AM GRILLED CHEESE W/ ROASTED PEPPER 10AM YOGA W/ SANDYE 11AM CROCHETING FOR BEGINNERS W/ VILMA 11AM SENIOR SCAMS STUDENT PRESENTATION 12PM SWEDISH MEATBALLS OR EGG SALAD SANDWICH 1PM ZUMBA W/ ANDREA	23 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM OVERNIGHT OATS 10:30AM BINGO! 12PM CHICKEN FRANCAISE OR TUNA SALAD SANDWICH 1PM BINGOCIZE DEMO! JOIN US AND LEARN HOW TO PLAY BINGOCIZE!
26 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM CEREAL OF CHOICE W/ GREEK YOGURT 10:30AM SITE COUNCIL MTG 11AM TAI CHI W/ PAT 12PM LOIN OF PORK OR TUNA SALAD SANDWICH 1PM EXERCISE W/MARVIN	27 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9AM FRENCH TOAST 10:30AM ARTHRITIS FOUNDATION EXERCISE 12PM JUMBO RAVIOLI W/ MEAT OR CHICKEN SALAD 11:30AM – 2:00PM SPOOKY SOIREE W/ DJ KARAOKE BOB 	28 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM BREAKFAST BURRITO 10:30AM CARDIO CLASS W/ CATHY 12PM CHICKEN MARSALA OR EGG SALAD SANDWICH 1PM EXERCISE W/MARVIN	29 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM- 2:30PM MOLLOY NURSE STUDENT VOLUNTEERS 9AM BLUEBERRY PANCAKES 10AM YOGA W/ SANDYE 11AM LINKAGE ROUNDTABLE DISCUSSION GROUP 12PM POT ROAST OR SEAFOOD SALAD 1PM ZUMBA W/ ANDREA	30 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM HALLOWEEN PARFAIT 10:30AM BINGO! 11:00AM HEALTH PRESENTATION, JAIME HUETE 12PM BEEF CHILI OR TURKEY & SWISS SANDWICH 1PM SPECIAL ART PROJECT: DRAGONEYES W/ HEATHER. GROUP 2, SESSION 3 OF 3



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: **October 16, 2026**

Next Site Council Meeting: **October 26, 2026**

PLEASE CALL [516-623-2008](tel: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-