

October 2026

**Herricks Senior Community Service Center
999 Herricks Rd, New Hyde Park, NY 11040
(516) 305-8976**



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

Frank, Angela, Lynn, Kim and Joyce WELCOME YOU to Herricks Senior Center View calendar and menu at www.herricks.org/scsc scroll down to Senior Community Service Center	Sept. 29 OctoberFest 9:15 Aerobics w/ Doris 10:30 Bingo 11:30 Lunch Hot: Kielbasa w/Sauerkraut Cold: Chicken Salad on a tortilla 12-2 Art w/Sophia 12:45 Chair Yoga w/Connie	Program Closed	Program Closed	10:00 Chair Yoga&More/Connie 11:45 Music w/Warren 11:30 Lunch Hot: Chicken Corden Bleu Cold: Egg Salad on Wheat 12:45 Tai Chi w/ Joe
Adelphi Nursing students 9:15 Line Dancing w/ Amy 10:15 Herricks Singers w/ Frank 11:30 Lunch Hot: Chicken Picatta Cold: Seafood Salad on Tortilla 12:45 Arthritis Exercise/Barrie	9:15 Aerobics w/ Doris 10:30 Bingo 11:30 Lunch Hot: Beef Tacos Cold: Turkey and Swiss on Rye 12-2 Art w/Sophia 12:45 Chair Yoga w/Connie	Program Closed	Program Closed	10:00 Chair Yoga&More/Connie 11:00 Nutrition w/Khy Ee 11:45 Music TBD 11:30 Lunch Hot: Spaghetti and meatballs Cold: Ham and Cheese on Rye 12:45 Tai Chi w/ Joe
Happy Columbus Day Program Closed	9:15 Aerobics w/ Doris 10:30 Bingo 11:30 Lunch Hot: Chicken Parm Cold: Seafood Salad on a Tortilla 12-2 Art w/Sophia 12:45 Chair Yoga w/Connie	Program Closed	Program Closed	10:00 Chair Yoga&More/Connie 11:45 Happy B'Day Music w/Karl 11:30 Lunch Hot: Baked Breaded Fish Cold: Chicken Salad on Tortilla 12:45 Tai Chi w/ Joe

Monday	Tuesday	Wednesday	Thursday	Friday
19 Adelphi Nursing students 9:15 Line Dancing w/ Amy 10:15 Herricks Singers w/ Frank 11:00 BINGOCize w/Frank 11:30 Lunch Hot: Saurbraten w/gravy Cold: Chicken Salad on Tortilla 12:45 Arthritis Exercise/Barrie	20 9:15 Aerobics w/ Doris 10:30 Bingo 11:30 Lunch Hot: Penne Vodka w/grilled chicken Cold: Ham and Cheese on a Rye 12-2 Art w/Sophia 12:45 Chair Yoga w/Connie	21 Program Closed	22 Program Closed	23 10:00 Chair Yoga&More/Connie 11:45 Music w/Laurie 11:30 Lunch Hot: Chicken Francaise Cold: Tuna Salad on Rye 12:45 Tai Chi w/ Joe
26 Adelphi Nursing students 9:15 Line Dancing w/ Amy 10:15 Herricks Singers w/ Frank 11:00 Site Council Mtg 11:30 Lunch Hot: Pork Loin w/gravy Cold: Tuna Salad on Rye 12:45 Arthritis Exercise/Barrie	27 9:15 Aerobics w/ Doris 10:30 Bingo 11:30 Lunch Hot: Jumbo Ravioli w/meat sauce Cold: Chciken Salad on Tortilla 12-2 Art w/Sophia 12:45 Chair Yoga w/Connie	28 Program Closed	29 Program Closed	30  HAPPY HALLOWEEN 10:00 Chair Yoga&More/Connie 11:45 Music w/Cher 11:30 Lunch Hot: Chili w/beef and beans Cold: Turkey and Swiss on Rye 12:45 Tai Chi w/ Joe



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

**Area Served: Albertson, East Williston,
Garden City Park, Herricks, Mineola, New Hyde Park,
Roslyn Heights, Searingtown, Williston Park**

WELCOME TO HERRICKS SCSC!! ENTER Door #10 on TALBOT ST. Ring the doorbell on brick wall to the left of Door #10. We are nondenominational, open to seniors (60+) residing in Nassau County. HOURS of Program: Monday, Tuesday, Friday 9:00-2:00. Staff 9-3

LUNCH: \$3.00 suggested contribution each meal. Avoid the waitlist by registering for lunch 4-5 days in advance either in person or by calling 305-8976. Vegetarian meals available upon advanced request.

EXERCISE/CREATIVE CLASSES: \$2.00 suggested contribution each class.

TRANSPORTATION: \$2.00 suggested contribution ROUND TRIP from home to center from Albertson, Williston Park, East Williston, Garden City Park, Mineola, New Hyde Park, Searingtown & Roslyn

Birthday Celebration October 16th, Site Council Meeting October 26th