

October 2026

**Oceanside Senior Community Service 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

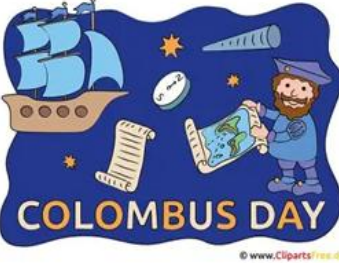
Monday

Tuesday

Wednesday

Thursday

Friday

 COLOMBUS DAY			1 10:00 Coffee, Tea & Socialize 10:00 Molloy Nursing Stud 10:45 Nilo – Aerobics 12:00 Lunch 1:00 Presentation Rebuilding Together 1:00 Billiards, Card Games & Rummikub	2 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
5 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	6 10:00 Coffee, Tea & Socialize 11:00 Health Assessment w/ Nurse Barbara 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Exercise w/TV 12:45 Bingo 1:00 Billiards & Rummikub	7 10:00 Coffee, Tea & Socialize 10:00 Molloy Nursing Stud 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	8 10:00 Coffee, Tea & Socialize 10:00 Molloy Nursing Stud 10:45 Nilo – Aerobics 12:00 Lunch 12:30 Chat & Craft w/ Debra 1:00 Exercise w/TV 1:00 Billiards, Card Games & Rummikub	9 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
 12	13 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Exercise w/TV 12:45 Bingo 1:00 Billiards & Rummikub	14 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	15 10:00 Coffee, Tea & Socialize 10:00 Molloy Nursing Stud 10:45 Nilo – Aerobics 12:00 Lunch 12:30 Molloy Stud Scam & Fraud- Trick or Treat 1:00 Billiards, Card Games & Rummikub	16 10:00 Coffee, Tea & Socialize 10:45 Line Dancing / Marilyn 11:00 CVS Shopping 12:00 Lunch 12:45 Nutrition w/ Khy Ee Nutrition Facts Label 12:45 Yoga/Balance - Sandye 1:00 Billiards, Card Games & Rummikub

Monday	Tuesday	Wednesday	Thursday	Friday
19 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	20 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Exercise w/TV 12:45 Bingo 1:00 Billiards & Rummikub	21 10:00 Coffee, Tea & Socialize 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	22 10:00 Coffee, Tea & Socialize 10:00 Molloy Nursing Stud 10:45 Nilo – Aerobics 12:00 Lunch 	23 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
26 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	27 10:00 Coffee, Tea & Socialize 10:00 Vaxmobile 11:00 Exercise w/ Sandra Bingo 12:00 Lunch 12:45 Exercise w/TV 12:45 Hepatobiliary Health Presentation 12:45 Bingo 1:00 Billiards & Rummikub	28 10:00 Coffee, Tea & Socialize 10:00 Molloy Nursing Stud 10:30 Bingo 11:00 Zumba w / Nilo 12:00 Lunch 1:00 Yoga/Balance - Sandye 12:45 Bingo 1:00 Billiards, Card Games & Rummikub	29 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 Lunch 1:00 Exercise w/TV 1:00 Billiards, Card Games & Rummikub	30 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



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: October 6th

Birthdays Celebration: October 15th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.

MENU IS SUBJECT TO CHANGE