November 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
2 10:00 Coffee, Tea & Socialize 11:00 Arthritis Foundation Exercise w/ Barrie 11:00 **Stop** & **Shop** 12:00 **Lunch** 12:45 **Nutrition w/ Khy Ee Food Safety Tips** 1:00 Tai Chi w/Joseph 1:00 Billiard & Rummikub	3 10:00 Coffee, Tea & Socialize 10:30 Adelphi Students 11:00 **Health Assessment w/ Nurse Barbara** 11:00 Exercise w/ TV **Bingo** 12:00 **Lunch** 12:45 Yoga w/ Anne 12:45 **Bingo** 1:00 Billiards & Rummikub	4 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	5 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 **Lunch** 12:45 Exercise w/ Anne 1:00 Billiards, Card Games & Rummikub	6 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
9 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ TV 11:00 **Trader Joe's** 12:00 **Lunch** 1:00 Tai Chi w/Joseph 1:00 Billiards, Card Games & Rummikub	10 10:00 Coffee, Tea & Socialize 10:30 Adelphi Students 11:00 Exercise w/ TV **Bingo** 12:00 **Lunch** 12:45 Yoga w/ Anne 12:45 **Bingo** 1:00 Billiards & Rummikub	11 WE WILL BE CLOSED ON VETERANS DAY 	12 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 **Lunch** 12:30 **Chat & Craft w/ Debra** 12:45 Exercise w/ Anne 1:00 Billiards, Card Games & Rummikub	13 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
16 10:00 Coffee, Tea & Socialize 11:00 Exercise w/ Marilyn 11:00 **Stop** & **Shop** 12:00 **Lunch** 1:00 Tai Chi w/Joseph 1:00 Billiards, Card Games & Rummikub	17 10:00 Coffee, Tea & Socialize 10:30 Adelphi Students 11:00 Exercise w/ TV **Bingo** 12:00 **Lunch** 12:45 Yoga w/ Anne 12:45 **Bingo** 1:00 Billiards & Rummikub	18 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 & Rummikub	19 10:00 Coffee, Tea & Socialize 10:45 Nilo – Aerobics 12:00 **Lunch** 12:45 Exercise w/ Anne 1:00 **Movie- Song Sung Blue** 1:00 Billiards, Card Games & Rummikub	20 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
23 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	24 10:00 Coffee, Tea & Socialize 10:30 Adelphi Students 11:00 Exercise w/ TV **Bingo** 12:00 **Lunch** 12:45 Yoga w/ Anne 12:45 **Bingo** 1:00 Billiards & Rummikub	25 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	26 	27 
30 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				

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:
Baldwin, East Rockaway, Island Park, Lynbrook, Oceanside, Rockville Centre, Valley Stream

Hours of Operation: 08:30AM – 02:00PM

Meals suggested contribution: $3.00

Transportation suggested contribution: $1.00 each way

Exercise suggested contribution: $2.00

Site Council Meeting: Tuesday, 24th

Birthdays Celebration: Thursday, 19th

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