November 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
2	3 10:30AM- Sewing Class w/Caroline Gregory 12PM Lunch Provided by Bethel 12:30 – Bingo  1:00 – Card Games	4 10:30AM- Crochet w/Regina Kilpatrick 11AM 12PM Stuffed Shells 12:30 – Bingo  1:00 – Card Games	5 10:00- Exercise w/Marvin  12:00 Noon Sausage Peppers and Onions 1:00- Bingo/Card Games	6
9	10 10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Beef Taco 12:30 – Bingo  1:00 – Card Games	11 Veterans Day Holiday	12 10:00- Exercise w/Marvin  12:00 Noon Jumbo Ravioli with Meat Sauce 1:00- Bingo/Card Games	13
16	17 10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Frittata w/Spinach, Potatoes, Cheese 12:30 – Bingo  1:00 – Card Games	18 11AM Cornell University Food Presentation 12PM Chicken Topped with Mozzarella and Spinach 12:30 – Bingo  1:00 – Card Games	19 10:00- Exercise w/Marvin  12:00 Noon Loin of Pork with Gravy 1:00- Bingo/Card Games	20

Monday	Tuesday	Wednesday	Thursday	Friday
23	24 10:30AM- Sewing Class w/Caroline Gregory 12PM Noon Sloppy Joes on a Bun 12:30 – Bingo  1:00 – Card Games	25 10:30AM- Crochet w/Regina Kilpatrick 11AM 12PM 3 Chesse Lasagna Roll-up 12:30 – Bingo  1:00 – Card Games	26 Thanksgiving Center Closed	27
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BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:
Freeport, Roosevelt

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

Meals suggested contribution: $3.00

Transportation suggested contribution:

Exercise suggested contribution:$2.00

Site Council Meeting: November 19

Birthdays Celebration: November 19

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