November 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
2 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM TOFU SCRAMBLE TACOS 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 11AM TAI CHI W/ PAT 12PM POT ROAST OR EGG SALAD SANDWICH 1PM EXERCISE W/MARVIN	ELECTION DAY 3 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM FRENCH TOAST VOTE 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM VEGGIE BURGER OR TUNA SALAD SANDWICH 12:30PM COMHPS ACTIVITY W/ DEBRA FROM CHARLES EVANS	4 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM EGG & SPINACH SOUFFLE 10:30AM CARDIO CLASS W/ CATHY 12PM BAKED STUFFED SHELLS OR CHICKEN SALAD 1PM EXERCISE W/MARVIN	5 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM PEACHES & CREAM OATMEAL 10AM YOGA W/ SANDYE 11AM DIWALI CRAFTS: LANTERNS 12PM SAUSAGE & PEPPERS OR TURKEY SANDWICH 1PM ZUMBA W/ ANDREA	6 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM LOADED PITA POCKET 10AM CREATIVE CRAFTS W/ HEATHER: DIWALI ART 11AM BINGO! 12PM CHICKEN PICATTA OR SEAFOOD SALAD 1PM DWALI CELEBRATION
9 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM OATMEAL W/ APPLE CINNAMON RAISIN 11AM TAI CHI W/ PAT 12PM BREADED BAKED FISH OR HAM SANDWICH 1PM EXERCISE W/MARVIN	10 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM CHEESE GRITS 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM BEEF TACO OR SEAFOOD SALAD 1PM GAME TIME W/ WADE	11 CENTER CLOSED 	12 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM EGG & TURKEY SANDWICH 10AM YOGA W/ SANDYE 12PM JUMBO RAVIOLI OR CHICKEN SALAD 1PM ZUMBA W/ ANDREA	13 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM BLUEBERRY FRENCH TOAST CASSEROLE 10:30AM THANKSGIVING BINGO W/ SPECIAL PRIZES 12PM SPAGHETTI & MEATBALLS OR TUNA SALAD 1PM CREATIVE CRAFTS W/ HEATHER: CORNUCOPIA ART
16 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM GRILLED CHEESE W/ BACON 9:30AM to 11:30AM HEALTH ASSESSMENT w/BARBARA 11AM TAI CHI W/ PAT 12PM CHICKEN FRICASSEE OR TUNA SALAD SANDWICH 1PM EXERCISE W/MARVIN	17 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM VEGETABLE CASSEROLE 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA 12PM VEGETABLE FITATA OR TURKEY SANDWICH 1PM BINGOCIZE DEMO #2. SIGN UP FOR WINTER SESSION STARTING JANUARY 2027	ALL DAY GAMES, COLORING, 18 WORD SEARCH & SOCIALIZING 9AM BANANA NUT PANCAKES 10:30AM CARDIO CLASS W/ CATHY 11AM POISON PREVENTION THE HOME BY EDUARDO TORRES 12PM CHICKEN TOPPED W/ MOZARELLA & SPINACH OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN	19 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM AVOCADO TOAST 10AM YOGA W/ SANDYE 11AM CREATIVE CRAFTS W/ HEATHER: FLOWER VOTIVES 12PM PORK LOIN OR EGG SALAD SANDWICH 1PM ZUMBA W/ ANDREA	ALL DAY GAMES, COLORING, 20 WORD SEARCH & SOCIALIZING 9AM SOUTHWESTERM EGGS 10AM BINGO! 11AM NASSAU COUNTY FOOD SAFETY WORKSHOP W/ ROSELLA 12PM MEATLOAF OR CHICKEN SALAD SANDWICH 12:30PM BIRTHDAY CAKE! 1PM NUTRITION EDUCATION: FOOD SAFETY TIPS

Monday	Tuesday	Wednesday	Thursday	Friday
23 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM WW BAGEL W/ VEGGIE CREAM CHEESE 11AM TAI CHI W/ PAT 12PM SLOPPY JOE OR SEAFOOD SALAD 1PM EXERCISE W/MARVIN	24 9AM PUMPKIN PANCAKES 10:30AM ARTHRITIS FOUNDATION EXERCISE W/VICTORIA **Friendsgiving Luncheon** 12PM ROASTED TURKEY W/ FIXINGS & APPLE CRUMB ALA MODE *AFTERNOON OF FUN W/ CALORIE BURNING TUNES BY DJ SAM*	25 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM THANKSGIVING SOUFFLE 10:30AM CARDIO CLASS W/ CATHY 12PM THREE CHEESE LASAGNA ROLLUP OR HAM & CHEESE SANDWICH 1PM EXERCISE W/MARVIN	26 **CENTER CLOSED** HAPPY THANKSGIVING!	27 **CENTER CLOSED** DAY AFTER THANKSGIVING!
30 ALL DAY GAMES, COLORING, WORD SEARCH & SOCIALIZING 9AM CEREAL OF CHOICE 10:30AM SITE COUNCIL MTG 11AM TAI CHI W/ PAT 12PM CHICKEN W/ TOMATO SAUCE OR EGG SALAD SANDWICH 1PM EXERCISE W/MARVIN				



The thankful heart opens our eyes to a multitude of blessings that continually surround us."

– James E. Faust

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: November 20, 2026
Next Site Council Meeting: November 30, 2026

PLEASE CALL 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-