

LOCATION: Oceanside SCSC

80 Anchor Ave., Oceanside, NY 11572

516-764-9792 Please call for lunch reservation. Thank you.

This program is made possible with funding from the Nassau County Department of

Human Services, Office for the Aging through the NY State Office for the Aging and

the U.S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee,Socialization,Bingo 3 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 CHICKEN FRANCAISE/ EGG SALAD 12:30 WEDNESDAY BINGO TODAY 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 4 10:30 DOLLAR STORE 10:45 GAMES W/LINDA 10:45 DANCERCISE W/MARIE 12:00 GREEK SALAD/SEAFOOD SALAD 12:45 MOVING TO MUSIC W/ANNE 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 5 MOLLOY STUDENT NURSES 11:00 YOGA W/MARY 11:00 CVS Shopping 12:00 STUFFED PEPPERS/MOZZARELLA AND TOMATO 12:45 Cards, Games, Billiards 12:45 DAY AT THE RACES	9:00 Coffee,Socialization,Bingo 6 10:45 FOOD SHOPPING 10:45 GAMES W/LINDA 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 12:00 CHICKEN STEW/TUNA SALAD 12:45 Cards, Games, Billiards	9:00 Coffee & Socialization 7 10:30 Bingo 10:45 CHI GONG & MEDITATION W/ANNE, Registered Nurse 12:00 STUFFED SHELLS/CHICKEN SALAD 12:45 MOVING TO MUSIC W/ANNE 12:45 Cards, Games, Billiards
9:00 Coffee,Socialization,Bingo 10 10:30 SITE COUNCIL MEETING 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 BEEF CHILI/TUNA SALAD 12:30 REMEMBERING THE YEAR 1952 TEST YOUR KNOWLEDGE 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 11 10-12 HEALTH ASSESSEMENT WITH NURSE PAT 10:45 GAMES W/LINDA 10:45 DANCERCISE W/MARIE 12:00 PASTA PRIMAVERA/ CHICKEN SALAD 12:45 MOVING TO MUSIC W/ANNE 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 12 MOLLOY STUDENT NURSES 11:00 YOGA W/MARY 11:00 CVS Shopping 11:00 THRIFT STORE TRIP 12:00 CHICKEN PICATTA/EGG SALAD 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 13 ADELPHI NURSING STUDENTS 10:45 GAMES W/LINDA 10:45 FOOD SHOPPING 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 12:00 CHICKEN CAESAR SALAD/ SEAFOOD SALAD 12:30 GENERAL MEETING W/TOM TOY 12:45 Cards, Games, Billiards	9:00 Coffee & Socialization 14 10:30 Bingo 10:45 CHI GONG & MEDITATION W/ANNE, Registered Nurse 12:00 POT ROAST/MOZZARELLA AND TOMATO 12:45 MOVING TO MUSIC W/ANNE 12:45 Cards, Games, Billiards
9:00 Coffee,Socialization,Bingo 17 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 TO BE DETERMINED 12:30 WEDNESDAY BINGO TODAY 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 18 10:30 FISH STORE 10:45 GAMES W/LINDA 10:45 DANCERCISE W/MARIE 12:00 BEEF SOFRITO/TUNA SALAD 12:45 MOVING TO MUSIC W/ANNE 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 19 11:00 YOGA W/MARY 11:00 CVS Shopping 12:00 LASAGNA FLORENTINE/ CHICKEN SALAD 12:30 LEVITTOWN SENIORS COME TO OCEANSIDE TO ENTERTAIN 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 20 ADELPHI NURSING STUDENTS 10:45 FOOD SHOPPING 10:45 GAMES W/LINDA 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 12:00 SWEDISH MEATBALLS/ MOZZARELLA AND TOMATO 12:30 VALENTINE'S DAY PARTY LIVE MUSIC W/JIMMY V	9:00 Coffee & Socialization 21 10:30 Bingo 10:45 CHI GONG & MEDITATION W/ANNE, Registered Nurse 12:00 CHICKEN PARMIGIANA/ SEAFOOD SALAD 12:45 MOVING TO MUSIC W/ANNE 12:45 Cards, Games, Billiards
9:00 Coffee,Socialization,Bingo 24 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 11:00 FOOD SHOPPING 12:00 RAVIOLI/CHICKEN SALAD 12:45 DISCUSSION GROUP W/TOM 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization, Bingo 25 10:30 DOLLAR STORE 10:45 GAMES W/LINDA 10:45 DANCERCISE W/MARIE 12:00 CHICKEN JAMBALAYA/ MOZZARELLA AND TOMATO 12:45 MOVING TO MUSIC W/ANNE 12:45 Cards, Games, Billiards	ASH WEDNESDAY 26 9:00 Coffee,Socialization,Bingo MOLLOY STUDENT NURSES 11:00 YOGA W/MARY 11:00 CVS Shopping 11:00 TRADER JOE'S 12:00 FRITTATA W/POTATO AND EGG/ SEAFOOD SALAD 12:45 Cards, Games, Billiards	9:00 Coffee,Socialization,Bingo 27 ADELPHI NURSING STUDENTS 10:45 FOOD SHOPPING 10:45 GAMES W/LINDA 11:00 ARTHRITIS FOUNDATION EXERCISE PROGRAM W/BARRIE 12:00 PENNE ALA VODKA W/CHICKEN EGG SALAD 12:45 Cards, Games, Billiards	9:00 Coffee & Socialization 28 10:30 Bingo 10:45 CHI GONG & MEDITATION W/ANNE, Registered Nurse 12:00 VEGGIE BURGER/TUNA SALAD 12:45 MOVING TO MUSIC W/ANNE 12:45 Cards, Games, Billiards