

**November 2022**

**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

	1	2	3	4
	10:00 Coffee, Tea, and Socialization 10-12 Health Assessment w/Nurse Barbara 11:00 Moving to Music w/Anne 11:00 CVS Shopping 12:00 BREADED FISH 12:45 Yoga w/Anne	10:00 Coffee, Tea and Socialization 10:00 MOLLOY STUDENTS 10:30 Trip Farmers Market 11:00 Arthritis Foundation Exercise w/Barrie 12:00 ROAST PORK 1:00 Coloring to Reduce Stress	10:00 Coffee, Tea and Socialization 10:45 Exercise w/Nick 11:00 Food Shopping 11:00 Thrift Store 12:00 VEGETABLE LASAGNA 12:30 SITE COUNCIL NOMINATIONS	10:00 Coffee, Tea and Socialization 10:30 Line Dancing w/Lori 11:00 Dollar Store 12:00 ROAST CHICKEN 12:45 Moving to Music w/Anne 12:45 Rummikub, Cards, Games
7	 8	9	10	 11
10:00 Coffee, Tea and Socialization 11:00 Arthritis Foundation Exercise w/Barrie 11:00 NUTRITION W/CORNELL 12:00 GRILLED CHICKEN 1:00 Tai Chi w/Joseph	10:00 Coffee, Tea and Socialization 11:00 Moving to Music w/Anne 11:00 CVS Shopping 12:00 VEGGIE BURGER 12:45 Yoga w/Anne	10:00 Coffee, Tea and Socialization 10:30 Trip Farmers Market 11:00 Arthritis Foundation Exercise w/Barrie 12:00 SALISBURY STEAK 12:45 SCAMS PROGRAM 1:00 Coloring to Reduce Stress	10:00 Coffee, Tea and Socialization 10:45 Exercise w/Nick 11:00 Food Shopping 11:00 Thrift Store 12:00 CHICKEN FRANCAISE 12:45 Moving to Music w/Anne	10:00 Coffee, Tea and Socialization 10:30 Line Dancing w/Lori 11:00 Trader Joe's 12:00 BREADED FISH 12:45 Moving to Music w/Anne 12:45 Rummikub, Cards, Games
14	15	16	17	18
10:00 Coffee, Tea and Socialization 11:00 Arthritis Foundation Exercise w/Barrie 11:00 Trader Joe's 12:00 SAUSAGE, PEPPERS, & ONIONS 1:00 Tai Chi w/Joseph	10:00 Coffee, Tea and Socialization 11:00 Moving to Music w/Anne 11:00 CVS Shopping 12:00 ROAST CHICKEN 12:45 Yoga w/Anne	10:00 Coffee, Tea and Socialization 10:30 Trip Farmers Market 11:00 Arthritis Foundation Exercise w/Barrie 11:00 CORNELL HOUSEPLANTS 12:00 SWEDISH MEATBALLS 1:00 Coloring to Reduce Stress	10:00 Coffee, Tea and Socialization 10:45 Exercise w/Nick 11:00 Food Shopping 12:00 SALMON BURGER 12:45 Moving to Music w/Anne	10:00 Coffee, Tea and Socialization 10:30 Line Dancing w/Lori 11:00 Dollar Store 12:00 STUFFED.SHELLS 12:45 Moving to Music w/Anne 12:45 Rummikub, Cards, Games

Monday	Tuesday	Wednesday	Thursday	Friday
<div>21</div> <div>10:00 Coffee, Tea and Socialization 11:00 Arthritis Foundation Exercise w/Barrie 11:00 Dollar Store 12:00 ROASTTURKEY 1:00 Tai Chi w/Joseph</div>	<div>22</div> <div>10:00 Coffee, Tea and Socialization 10:00 ST. FRANCIS BUS 11:00 Moving to Music w/Anne 11:00 CVS Shopping. 12:00 VEGGIE BURGER 12:45 Yoga w/Anne</div>	<div>23</div> <div>10:00 Coffee, Tea and Socialization 10:30 last Trip Farmers Market 11:00 Arthritis Foundation Exercise w/Barrie 12:00 STUFFED PEPPERS 1:00 Coloring to Reduce Stress</div>	<div>24</div> <div>Happy Thanksgiving</div>	<div>25</div> <div></div>
<div>28</div> <div>10:00 Coffee, Tea and Socialization 11:00 Arthritis Foundation Exercise w/Barrie 11:00 Trader Joe's 12:00 GRILLED CHICKEN 1:00 Tai Chi w/Joseph</div>	<div>29</div> <div>10:00 Coffee, Tea and Socialization 11:00 Moving to Music w/Anne 11:00 CVS Shopping 12:00 BREADED CHICKEN 12:45 Yoga w/Anne</div>	<div>30</div> <div>10:00 Coffee, Tea and Socialization 11:00 Arthritis Foundation Exercise w /Barrie 12:00 HAMBURGER 1:00 Coloring to Reduce Stress</div>		



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation:

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$1.00

Site Council Meeting:

August Birthdays Celebration:

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