## November 2022

## Bethel AME Church 420 N Main St, Freeport, NY 11520 (516) 379-1513



## Nassau County Office for the Aging

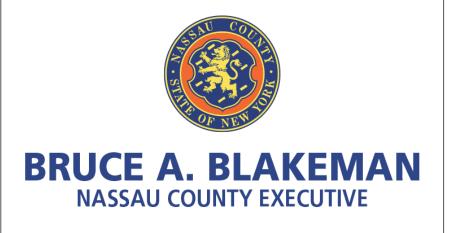
This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

Monday Tuesday Wednesday Thursday Friday

Monday	Tuesday	weanesday	inursday	Friday
Hello November	1 12:00 Noon-Cream of Mushroom Soup Breaded Fish  12:30 PM- Bingo  1:00 PM -Card Games	12:00 Noon-Split Pea Soup Loin of Pork w/Gravy  12:00- Hour of Power  1:00 Card Games	10:00 AM- Exercise w/Marvin  12:00 Noon- Minestrone Soup Vegetable Lasagna  1:00 Pm- Card Game	4
7	12:00 Noon-Vegetable Soup Grilled Chicken over Caesar Salad  12:30 PM- Bingo 1:00 PM -Card Games	12:00 Noon-Veggie Burger w/L&T on a roll  12:00- Hour of Power  1:00 Card Games	10 10:00 AM- Exercise w/Marvin  12:00 Noon- Split Pea Soup Salisbury Steak w/Gravy  1:00 Pm- Card Game	HAPPY VETERANS DAY
14	15 12:00 Noon-Lentil Soup Roast Chicken  12:30 PM- Bingo 1:00 PM -Card Games	12:00 Noon-Cream of Mushroom Soup Meatloaf w/Gravy  12:00- Hour of Power  1:00 Card Games	17 10:00 AM- Exercise w/Marvin  12:00 Noon- Split Pea Soup Stuffed Shells w/ Meat Sauce 1:00 Pm- Card Game	18

Monday	Tuesday	Wednesday	Thursday	Friday
21	12:00 Noon-Potato Chowder Soup Veggie Burger on a Roll  12:30 PM- Bingo  1:00 PM -Card Games	12:00 Noon-Black Eye Pea Soup Stuffed Peppers 12:00- Hour of Power 1:00 Card Games	Happy Thanksgiving	25
28	12:00 Noon-Corn Chowder Soup Breaded Chicken Cutlet w/Gravy  12:30 PM- Bingo  1:00 PM -Card Games	12:00 Noon-Vegetable Soup Hamburger on a roll w/L&T  12:00- Hour of Power  1:00 Card Games		

Modnocday



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Monday

Hours of Operation:

Thursday

Eriday

Meals suggested contribution: \$3.00

Transportation suggested contribution:

Exercise suggested contribution:

Site Council Meeting:

August Birthdays Celebration:

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