

# 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

	<p>1</p> <p>12:00 Noon-Cream of Mushroom Soup Breaded Fish</p>  <p>12:30 PM- Bingo</p> <p>1:00 PM -Card Games</p>	<p>2</p> <p>12:00 Noon-Split Pea Soup Loin of Pork w/Gravy</p> <p>12:00- Hour of Power</p> <p>1:00 Card Games</p>	<p>3</p> <p>10:00 AM- Exercise w/Marvin</p>  <p>12:00 Noon- Minestrone Soup Vegetable Lasagna</p> <p>1:00 Pm- Card Game</p>	<p>4</p> 
<p>7</p>	<p>8</p>  <p>12:00 Noon-Vegetable Soup Grilled Chicken over Caesar Salad</p>  <p>12:30 PM- Bingo</p> <p>1:00 PM -Card Games</p>	<p>9</p> <p>12:00 Noon-Veggie Burger w/L&amp;T on a roll</p> <p>12:00- Hour of Power</p> <p>1:00 Card Games</p>	<p>10</p> <p>10:00 AM- Exercise w/Marvin</p>  <p>12:00 Noon- Split Pea Soup Salisbury Steak w/Gravy</p> <p>1:00 Pm- Card Game</p>	<p>11</p> 
<p>14</p>	<p>15</p> <p>12:00 Noon-Lentil Soup Roast Chicken</p>  <p>12:30 PM- Bingo</p> <p>1:00 PM -Card Games</p>	<p>16</p> <p>12:00 Noon-Cream of Mushroom Soup Meatloaf w/Gravy</p> <p>12:00- Hour of Power</p> <p>1:00 Card Games</p>	<p>17</p> <p>10:00 AM- Exercise w/Marvin</p>  <p>12:00 Noon- Split Pea Soup Stuffed Shells w/ Meat Sauce</p> <p>1:00 Pm- Card Game</p>	<p>18</p>





Monday

Tuesday

Wednesday

Thursday

Friday

21	22	23	24	25
	<b>12:00 Noon-Potato Chowder Soup</b> <b>Veggie Burger on a Roll</b>  <b>12:30 PM- Bingo</b> <b>1:00 PM -Card Games</b>	<b>12:00 Noon-Black Eye Pea Soup</b> <b>Stuffed Peppers</b> <b>12:00- Hour of Power</b> <b>1:00 Card Games</b>		
28	29	30		
	<b>12:00 Noon-Corn Chowder Soup</b> <b>Breaded Chicken Cutlet w/Gravy</b>  <b>12:30 PM- Bingo</b> <b>1:00 PM -Card Games</b>	<b>12:00 Noon-Vegetable Soup</b> <b>Hamburger on a roll w/L&amp;T</b> <b>12:00- Hour of Power</b> <b>1:00 Card Games</b>		



**BRUCE A. BLAKEMAN**  
**NASSAU COUNTY EXECUTIVE**

Hours of Operation:

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.