

**November 2022**

**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**

	<b>9-10AM BREAKFAST 1</b>  <b>10:30 EXERCISE W/VICTORIA</b>  <b>12:30 LUNCH IS SERVED</b>  <b>1:00 CRAFT W/ MOLLOY STUDENTS</b>	<b>9-10AM BREAKFAST 2</b>  <b>11:00 SCULPTURE W/VERONICA</b>  <b>12:30 LUNCH IS SERVED</b>  <b>1:00 EXERCISE W/ SAMANTHA</b>	<b>9-10AM BREAKFAST 3</b>  <b>10:30 CHAIR YOGA W/SANDYE</b>  <b>12:30 LUNCH IS SERVED</b>  <b>1:00 ZUMBA W/ ANDREA</b>	<b>9-10AM BREAKFAST 4</b> <b>11:30 BINGO</b>  <b>12:30 LUNCH IS SERVED</b> <b>1:00 YOGA W/LLOYD</b> <b>Daylight Saving Time Ends This Weekend Turn Clocks Back On Sunday</b>
<b>9-10AM BREAKFAST 7</b> <b>11:00 EXERCISE w/SAMANTHA</b> <b>12:30 LUNCH IS SERVED</b>  <b>1:00 EXERCISE W/MARVIN</b>	<b>9-10AM BREAKFAST 8</b> <b>10:30 EXERCISE W/VICTORIA</b> <b>12:30 LUNCH IS SERVED</b> <b>1:00 PROJECT HOPE</b> 	<b>9-10AM BREAKFAST 9</b> <b>11:00 SCULPTURE W/VERONICA</b>  <b>12:30 LUNCH IS SERVED</b>  <b>1:00 EXERCISE W/ SAMANTHA</b>	<b>9-10AM BREAKFAST 10</b> <b>10:30 CHAIR YOGA W/SANDYE</b>  <b>12:30 LUNCH IS SERVED</b>  <b>1:00 ZUMBA W/ ANDREA</b>	<b>Center Closed 11 for</b>  
<b>9-10AM BREAKFAST 14</b> <b>9:30 to 11:30 HEALTH ASSESSMENT w/BARBARA</b>  <b>11:00 EXERCISE w/SAMANTHA</b> <b>12:30 LUNCH IS SERVED</b>  <b>1:00 EXERCISE W/MARVIN</b>	<b>9-10AM BREAKFAST 15</b> <b>10:30 EXERCISE W/VICTORIA</b> <b>12:30 LUNCH IS SERVED</b>  <b>1:00 BEACH BALL VOLLEYBALL W/ DEBRA &amp; GLENDA</b>	<b>9-10AM BREAKFAST 16</b> <b>11:00 SCULPTURE W/VERONICA</b>  <b>12:30 LUNCH IS SERVED</b>  <b>1:00 EXERCISE W/ SAMANTHA</b>	<b>9-10AM BREAKFAST 17</b> <b>10:30 CHAIR YOGA W/SANDYE</b>  <b>12:30 LUNCH IS SERVED</b>  <b>1:00 ZUMBA W/ ANDREA</b>	<b>9-10AM BREAKFAST 18</b>  <b>11:00 SITE COUNCIL</b>  <b>11:30 BINGO</b>  <b>12:30 LUNCH IS SERVED CELEBRATE NOVEMBER BIRTHDAYS</b>  <b>1:00 YOGA W/LLOYD</b>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9-10AM BREAKFAST 21</b> <b>11:00 EXERCISE w/SAMANTHA</b> <b>12:30 LUNCH IS SERVED</b> <b>1:00 EXERCISE W/MARVIN</b>	<b>9-10AM BREAKFAST 22</b> <b>10:30 EXERCISE W/VICTORIA</b> <b>11:30 – 2:30 DANCE W / TONY GRANT</b> <b>12:30 LUNCH IS SERVED</b>	<b>9-10AM BREAKFAST 23</b> <b>11:00 SCULPTURE W/VERONICA</b> <b>12:30 LUNCH IS SERVED</b> <b>1:00 EXERCISE W/ SAMANTHA</b>	<b>Center Closed 24 /25 for</b> 	
<b>9-10AM BREAKFAST 28</b> <b>11:00 EXERCISE w/SAMANTHA</b> <b>12:30 LUNCH IS SERVED</b> <b>1:00 EXERCISE W/MARVIN</b>	<b>9-10AM BREAKFAST 29</b> <b>10:30 EXERCISE W/VICTORIA</b> <b>12:30 LUNCH IS SERVED</b> <b>1:00 NUTRITION ED</b>	<b>9-10AM BREAKFAST 30</b> <b>11:00 SCULPTURE W/VERONICA</b> <b>12:30 LUNCH IS SERVED</b> <b>11:00 EXERCISE W/ SAMANTHA</b>		



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

**Hours of Operation: 8:30 to 3:00**

**Office hours 8:00 to 4:00**

**Suggested contribution - Breakfast: \$2.00**

**Suggested contribution - Lunch: \$3.00**

**Suggested contribution - Transportation: \$1.00 per Trip**

**Transportation Provide To and From Center  
for FREEPORT & ROOSEVELT Senior Center Clients**

**Site Council Meeting: NOVEMBER 18**

**September Birthdays Celebration: NOVEMBER 18**

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

**Reservation must be made by 11:30 the day before.**