

November 2022

**Herricks Senior Community Service Center
999 Herricks Rd, New Hyde Park, NY 11040
(516) 305-8976**



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

Daylight Savings begins Sunday 2am. Turn your clocks back on Saturday before you go to bed.	1 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:45 Lunch: HOT: Breaded Fish COLD: Mozzarella/ tomato on Italian 12-2 Ceramics/Painting w Val 12:45 Chair Yoga w/ Patty	2 PROGRAM CLOSED	3 PROGRAM CLOSED	4 10:00 Chair Yoga w/ Dhara 11:00 Project Hope 11:45 Lunch: HOT: Roast chicken w/ gravy (bone in) COLD: Seafood salad on tortilla L/T 12:45 Tai Chi w/ Joe
7 9:00 Adelphi Nursing Students 9:45 Line Dancing w/ Linda 10:00-2:00 Mah Jongg 11:45 Lunch: HOT: Grilled chicken over Caesar salad COLD: Mozzarella/tomato on Italian 12:45Arthritis Exercise/Barrie	8  9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:45 Lunch: HOT: Veggie Burger COLD: Egg Salad/L/T on Roll 12-2 Ceramics/Painting w Val 12:45 Chair Yoga w/ Patty	9 PROGRAM CLOSED	10 PROGRAM CLOSED	11 Program Closed 
14 9:00 Adelphi Nursing Students 9:45 Line Dancing w/ Linda 10:00-2:00 Mah Jongg 11:45 Lunch: HOT: Sausage/Pepper/onion hero COLD: Chicken salad on hero L/T 12:45Arthritis Exercise/Barrie	15 9:30 Aerobic Exercise w/ 10:00 Blood Pressure Assess 10:30 Bingo 11:45 Lunch: HOT: Roast chicken (bone in) COLD: Mozzarella & tomato on Italian 12-2 Ceramics/Painting w Val 12:45 Chair Yoga w/ Patty	16 PROGRAM CLOSED	17 PROGRAM CLOSED	18 10:00 Chair Yoga w/ Dhara 11:00 Laurie on piano 11:45 Lunch/Birthdays: HOT: Stuffed shells w/ meat sauce COLD: Tuna salad on rye w/ L/T 12:45 Tai Chi w/ Joe

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <p>9:00 Adelphi Nursing Students 9:45 Line Dancing w/ Linda 10:00-2:00 Mah Jongg 11:00 Site Council 11:45 Lunch: HOT: Roast turkey w/ gravy COLD: Seafood Salad/tortilla / L/T 12:45 Arthritis Exercise/Barrie</p>	<p>22</p> <p>9:30 Exercise w/ Doris 10:30 Bingo 11:45 Lunch: HOT: Veggie Burger COLD: Chicken Salad w/ tortilla w/L/T 12-2 Ceramics/Painting w Val 12:45 Chair Yoga w/ Patty</p>	<p>23</p> <p>PROGRAM CLOSED</p>	<p>24</p> <p>PROGRAM CLOSED</p> 	<p>PROGRAM CLOSED 25</p> 
<p>28</p> <p>9:00 Adelphi Nursing Students 9:45 Line Dancing w/ Linda 10:00-2:00 Mah Jongg 11:00 Nutrition Education 11:45 Lunch: HOT: Penne ala Vodka w/grilled chicken COLD: Tuna Salad on wheat w/ L/T 12:45 Arthritis Exercise/Barrie</p>	<p>29</p> <p>9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:45 Lunch: HOT: Breaded Chicken Cutlet COLD: Seafood Salad w/Tortilla/L/T 12-2 Ceramics/Painting w Val 12:45 Chair Yoga w/ Patty</p>	<p>30</p> <p>PROGRAM CLOSED</p>	<p>For questions please contact Carol, Angela or Lynn at 516 305-8976 Activities and menu are subject to change without notice</p>	<p>Herricks SCSC monthly calendar of activities and meals can be found at www.herricks.org/scsc</p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

WELCOME TO HERRICKS SCSC !!

Please ring bell to enter Door #10 on Talbot Street. We are nondenominational open to seniors (60+) residing in Nassau County
HOURS of Program Operation: Monday, Tuesday, Friday 9-2

LUNCH: \$3.00 suggested contribution each meal. Register in advance, no later than two previous operating days. If not your name can be put on wait list for lunch that day.

EXERCISE & CREATIVE CLASSES: \$2.00 suggested contribution each class

TRANSPORTATION: \$2.00 suggested contribution from Albertson, Williston Park, East Williston, Garden City Park, Mineola, New Hyde Park, Searingtown, Roslyn

Birthday Acknowledgment: Friday 11 /18, 11:45