November 2022

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

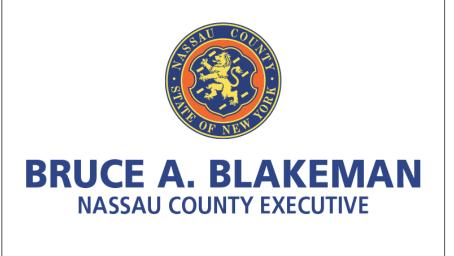


Nassau County Office for the Aging

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.	9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:45 Lunch: HOT: Breaded Fish COLD: Mozzarella/ tom- ato on Italian 12-2 Ceramics/Painting w Val 12:45 Chair Yoga w/ Patty	PROGRAM CLOSED	PROGRAM CLOSED	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
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	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	PROGRAM CLOSED	Program Closed WAPPY VETERANS DAY
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	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	PROGRAM CLOSED	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
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 12:45Arthritis Exercise/Barrie	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	PROGRAM CLOSED	PROGRAM CLOSED Happy Thanksgiving	PROGRAM CLOSED 25
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 12:45Arthritis Exercise/Barrie	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	PROGRAM CLOSED	For questions please contact Carol, Angela or Lynn at 516 305-8976 Activities and menu are subject to change without notice	Herricks SCSC monthly calendar of activities and meals can be found at www.herricks.org/scsc



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