

April 2024

**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

1 9:45 NO Line Dancing NO 10:00 Mah Jongg 11:30 Lunch Hot: Roast Turkey Cold: PB & Jelly/wheat 12:45 Exercise with Elaine	2 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Swedish Meatballs Cold: Seafood Salad on wheat 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	3 PROGRAM CLOSED	4 PROGRAM CLOSED	5 10:00 Chair Yoga with Dhara 11:00 Nutrition Education 11:30 Lunch Hot: Potato, Egg, cheese frittata Cold: Tuna on Rye 12:45 Tai Chi w/ Joe
8 9:45 Line Dancing with Linda 10:00 Mah Jongg 11:30 Lunch Hot: Chicken Francaise Cold: Tuna on Rye 12:00 Oak St. Health-Spring Photos 12:45 Exercise with Elaine	9 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Kielbasa w/ sauerkraut Cold: PB & J / wheat 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	10 PROGRAM CLOSED	11 PROGRAM CLOSED	12 10:00 Chair Yoga with Dhara 11:30 Lunch Hot: Veggie burger on roll Cold: Seafood salad/ tortilla 12:45 Tai Chi w/ Joe
15 9:45 Line Dancing with Linda 10:00 Mah Jongg 10:30 Site Council 11:30 Lunch Hot: Chicken Parmigiana w/ pasta Cold: PB & Jelly/wheat 12:45 Exercise with Elaine	16 9:30 Aerobic Exercise w/ Doris 10:30 Bingo 11:30 Lunch Hot: Roast chicken w/ gravy Cold: Tuna salad /Rye 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	17 PROGRAM CLOSED	18 PROGRAM CLOSED	19 10:00 Chair Yoga with Dhara 11:00 Birthday Entertainment 11:30 Lunch Hot: Pot Roast Cold: Chicken Salad/tortilla 12:45 Tai Chi w/ Joe

Monday	Tuesday	Wednesday	Thursday	Friday
Passover Begins 22 9:45 Line Dancing with Linda 10:00 Mah Jongg 10:45 Pinata Craft with Judy 11:30 Lunch Hot: Breaded Chicken Cutlet Cold: Seafood Salad/tortilla 12:45 Exercise with Elaine	9:30 Aerobic Exercise SUB ?? 23 10:30 Bingo 11:30 Lunch Hot:Sausaage/peppers/pasta Cold: PB & Jelly on wheat. 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	24 PROGRAM CLOSED	25 PROGRAM CLOSED	26 10:00 Chair Yoga with Dhara 11:00 Laurie on piano 11:30 Lunch Hot: Chili w/beef & beans Cold: Egg salad /tortilla 12:45 Tai Chi w/ Joe
29 9:45 NO Line Dancing NO 10:00 Mah Jongg 10:45 Pinata Craft with Judy 12:00 Games with Girl Scouts 11:30 Lunch Hot: Ravioli Cold: Seafood salad/tortilla 12:45 Arthritis Exercise with Barrie	30 9:30 Aerobic Exercise SUB ?? 10:30 Bingo 11:30 Lunch Hot: Hamburger on a bun Cold: PB & Jelly/wheat. 12-2 Ceramics/Painting w/Val 12:45 Chair Yoga with Patty	PLEASE NOTE: Substitute for Barrie is Elaine. Barrie's anticipated return date is Monday April 29.	HAPPY PASSOVER !!	Herricks SCSC monthly activities and menu can be found at www.herricks.org/scsc For questions please contact Carol, Angela or Lynn at 516 305-8976/8975



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

WELCOME TO HERRICKS SCSC !! Please ring bell on the brick wall to the left of Door #10 on Talbot Street to enter. 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 4-5 previous operating days. Otherwise your name will be put on the wait list for lunch that day. Vegetarian meals available. **EXERCISE/CREATIVE CLASSES:** \$2.00 suggested contribution each class. **TRANSPORTATION:** \$2.00 suggested contribution ROUND TRIP from Albertson, Williston Park, East Williston, Garden City Park, Mineola, New Hyde Park, Searingtown & Roslyn

Site Council Monday 4/15 at 10:30; Birthday Entertainment with Peter and Eileen Friday 4/19 at 11:00; Laurie on piano 4/26 at 11:00