



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Corn Chowder Greek Salad w/ Grilled Chicken Dinner Roll Mandarin & Orange Slices</p> <p>Alternate Tuna Salad on rye w/ L&T and Greek Salad</p>	<p>3</p> <p>Lentil Soup Chicken Francaise Brown Rice & Green Beans Italian Bread & Pear Halves</p> <p>Alternate Seafood Salad in tortilla w/ L&T and Bean Salad</p>	<p>4</p> <p>Program Closed</p>	<p>5</p> <p>Program Closed DON'T FORGET TO "SPRING AHEAD" ONE HOUR on SAT. MARCH 8 before bed !!</p>	<p>6</p> <p>Butternut Squash Soup Veggie Burger w/ L&T on a Bun Roasted Potatoes & Carrots Banana</p> <p>Alternate: Mozzarella and Tomato on Italian and Potato Salad</p>
<p>9</p> <p>Potato Chowder Baked Fish w/ Tartar Sauce Rice Pilaf and Broccoli Wheat Bread and Brownies</p> <p>Alternate: Chicken Salad on tortilla w/ L&T and Broccoli Salad</p>	<p>10</p> <p>Chicken Noodle Soup Sloppy Joe on Roll Baked bean and Cole Slaw Vanilla Pudding</p> <p>Alternate: Mozzarella and Tomato on Italian and Cole Slaw</p>	<p>11</p> <p>Program Closed</p>	<p>12</p> <p>Program Closed</p>	<p>13</p> <p>Lentil Soup Ravioli w/ Marinara Sauce Italian Blend Vegetables Wheat Bread & Cookies</p> <p>Alternate: Egg Salad on wheat w/ L&T and Tossed Salad</p>
<p>16</p> <p>Vegetable Soup Chicken w/ Peppers and Onions Roasted Potatoes and Green beans Italian bread and Fruit Cup</p> <p>Alternate: Mozzarella and Tomato on Italian and Bean Salad</p>	<p>17</p> <p>St. Patrick's Day Corned Beef w/ cabbage and Mustard Boiled Red Potatoes Carrots and Rye Bread Juice and Mint Chocolate Chip Ice Cream</p> <p>Alternate: Tuna Salad on Rye w/ L&T and Tomato & Red Potato Salad</p>	<p>18</p>  <p>Program Closed</p>	<p>19</p> <p>Happy Spring</p>  <p>Program Closed</p>	<p>20</p> <p>Vegetable Barley Soup Potato and Egg Frittata w/ Cheese, Onions and Spinach Tossed Salad, Wheat bread and Peaches</p> <p>Alternate Seafood Salad on tortilla w/ L&T and Tossed Salad</p>
<p>23</p> <p>Lentil Soup Beef and Broccoli Brown rice and Oriental Veg Wheat bread and Chocolate Pudding</p> <p>Alternate Egg Salad on wheat w/ L&T and Potato Salad</p>	<p>24</p> <p>Minestrone Soup Sausage and peppers w/ onions on hero Tossed Salad and Banana</p> <p>Alternate: Chicken salad on Hero w L&T and tossed Salad</p>	<p>25</p> <p>Program Closed</p>	<p>26</p> <p>Program Closed</p>	<p>27</p> <p>Vegetable bean Soup Stuffed shells w/ marinara sauce over spinach and Tossed salad Italian Bread and Pear Halves</p> <p>Alternate: Tuna Salad on rye w/ L&T and Tossed Salad</p>
<p>30</p> <p>Mushroom Barley Soup Meatloaf w/ Gravy Mashed potatoes and Spinach Wheat bread and Banana</p> <p>Alternate: Egg Salad on wheat w/ L&T and Pea Salad</p>	<p>31</p> <p>Lentil Soup Pasta primavera w/ shredded Mozzarella, Chick Peas, Garlic and Oil Mixed vegetables Wheat bread and Fruit Cup</p> <p>Alternate: Chicken Salad on tortilla w/ L&T and Tomato & Cucumber Salad</p>	<p>We provide transportation from Albertson, East Williston, Williston Park, Garden City Park, Mineola, New Hyde Park and Searingtown. Suggested donation for round trip transportation is \$2.00. Your donation can be placed in box next to sign in sheet</p>	<p>We are non-denominational, open to Nassau County Seniors 60+</p> <p><u>ATTENTION ACTIVITY PARTICIPANTS:</u> If you haven't done so already, please join us for lunch in the cafeteria. Review the menu and come & eat with some friends. To reserve a lunch please call, at the latest, the previous operating day by 12:00 noon, and arrive by 11:30 a.m. <u>Sign in for lunch before class.</u> Suggested donation: \$3.00</p>	

March 2020 Activities 516 305-8976



www.herricks.org/snp

Nassau County Office for the Aging

Herricks SCSC, 999 Herricks Rd., New Hyde Park, NY 11040

Carol MacBride, Director

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 style="text-align: right;">2</p> <p>10:00 Mah Jongg, Cards- Adelphi Nurses 10:00-11:30 Jewelry Making \$5 10:00 NO Line Dancing 11:00 Walk Well 11:45 Lunch 1:00 Stretch & Flex – Cafeteria 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">3</p> <p>9:45 Exercise- Gym 10:00 Blood Pressure, Cards, Bingo 11:00 Walk Well 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">Program Closed</p> <p style="text-align: center;">DON'T FORGET TO "SPRING AHEAD" ONE HOUR on SAT. MARCH 8 before bed !!</p>	<p style="text-align: right;">6</p> <p>10:00 Cards, Bridge, Games 10:00 Gentle Yoga with Dhara 11:00 Walk for Wellness 11:45 Lunch 12:15 <u>Speaker- Sid Jacobsen JCC</u> 1:00 Tai Chi-Rm. , Cards 1:00-2:30 Pickleball - Gym</p>
<p style="text-align: right;">9</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards 10:00 Adelphi Nurses 11:00 Walk Well 11:45 Lunch 1:00 Stretch & Flex -Gym 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">10</p> <p>9:45 Exercise-Gym 10:00 Cards, Bingo 11:00 Walk for Wellness 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Bingo, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">13</p> <p>10:00 Cards, Bridge, Games 10:00 Gentle Yoga with Dhara - Gym 11:00 Walk Well 11:15 <u>Nutrition Ed</u> 11:45 Lunch 1:00 Tai Chi Rm. 113, Cards 1:00-2:30 Pickleball - Gym</p>
<p style="text-align: right;">16</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards 10:00 Adelphi Nurses 11:00 Walk Well 11:15 Lois on Piano 11:30 <u>IRISH STEP DANCER</u> 11:45 Lunch 1:00 Stretch & Flex -Gym 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">17</p> <p>9:45 Exercise-Gym 10:00 Cards, Games, Bingo 11:00 Walk for Wellness 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p style="text-align: right;">18</p> <div style="text-align: center;">  <p>Program Closed</p> </div>	<p style="text-align: right;">19</p> <p style="text-align: center;">Happy Spring</p> <div style="text-align: center;">  <p>Program Closed</p> </div>	<p style="text-align: right;">20</p> <p>10:00 Cards, Bridge, Games 10:00 Gentle Yoga with Dhara - Gym 11:00 Walk Well 11:15 SITE COUNCIL 11:45 Lunch 1:00 Tai Chi Rm. 113, Cards 1:00-2:30 Pickleball - Gym</p>
<p style="text-align: right;">23</p> <p>10:00 Line Dance-Gym, Mah Jongg,Cards 10:00 Adelphi Nurses 11:00 Walk Well 11:45 Lunch 1:00 Stretch & Flex – Gym 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">24</p> <p>9:45 Exercise-Gym 10:00 Cards, Bingo 11:00 Walk Well 11:45 Lunch <u>12:15 HERRICKS JAZZ BAND</u> 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Program Closed</p>	<p style="text-align: right;">27</p> <p>10:00 Cards, Bridge, Games 10:00 Gentle Yoga with Dhara - Gym 11:00 Walk for Wellness 11:45 Lunch 1:00 Tai Chi Rm. 113, Cards 1:00-2:30 Pickleball - Gym</p>
<p style="text-align: right;">30</p> <p>10:00 Mah Jongg,Cards- Adelphi Nurses 10:00 NO Line Dancing 11:00 Walk Well 11:45 Lunch 1:00 Stretch & Flex – Gym 1:00 Bridge, Cards, Games</p>	<p style="text-align: right;">31</p> <p>9:45 Exercise-Gym 10:00 Cards, Games, Bingo 11:00 Walk Well 11:45 Lunch 12:30-2:30 Ceramic/Paint/Color-Shop II 1:00 Yoga Rm. 113, Cards 1:00 NEW Arthritis Exercise w/Barry Cafeteria</p>	<p>Programs and menu are subject to change without notice.</p> <p>The actual cost of the meal is \$5.25 for guests under 60. The suggested donation is \$3.00. <u>We depend on your donation to help sustain our program.</u> The menu is subject to change without notice.</p>	<p>We are non denominational, open to Nassau County seniors 60 +.</p> <p><u>ATTENTION ACTIVITY PARTICIPANTS:</u> If you haven't done so already, please join us for lunch in the cafeteria. Review the menu and come & eat with some friends. To reserve a lunch please call, at the latest, the previous operating day by 12:00 noon, and arrive by 11:30 a.m. <u>Sign in for lunch before class.</u> Suggested donation: \$3.00</p>	