

## **November 2024** Hempstead Senior Community Service Center 24 Clinton C Boone Place, Hempstead, NY 11550 516-565-1568



## 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   |
|--|---|---|---|--|
| Hello<br>November  | November<br>Be present.<br>Let the day flow with grace.<br>Expect Joy. Be positive.<br>Serve with compassion.<br>Speak only kindness.<br>Impart only love.<br>Never forget youre not alone.<br>Give thanks for everything.<br>See goodness in others. | Happy Birthday to all<br>our November<br>Birthdays.   | RESERVATIONS FOR ALL<br>CENTER ACTIVITIES ARE<br>REQUIRED. PLEASE CALL<br>TO RESERVE MEALS,<br>TRANSPORTATION &<br>EXERCISE CLASSES                       | Trip to Target110:00 Social Hour, Cards,<br>Games, Coffee110:30 Volunteer ProgramAHRC Nassau11:00 Exercise w/ Sandra12:00 Lunch12:30 -2 Trip to Target   |
| 4<br>Spanish Class<br>10:00 Social Hour, Cards,<br>Games and Coffee<br>10:45 Yoga w/Connie<br>11:45 Announcements<br>12:00 Lunch<br>12:30- 2 Sculpture w/ Veronica<br>1:00 Spanish Class with Olga | 5<br>WE ARE CLOSED  | 6<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:45 Tai Chi w/ John<br>11:45 Announcements<br>12:00 Lunch<br>12:45 Yoga with Robin<br>2:00 Going Home  | 7<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:45 – 11:45 Line Dancing<br>w/ Amy<br>12:00 Lunch<br>12:45 Exercise with Dominic<br>2:00 Going Home  | 8<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:30- 11 Volunteer Program<br>AHRC Nassau<br>11:00 Exercise w/ Sandra<br>12:00 Lunch<br>1:00- 2 Bingo w/ Denise by<br>Lynbrook Restorative<br>Therapy      |
| 11<br>WE ARE CLOSED  | Trip to Trader 12<br>JOE'S<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>11:00 Chorus w/ Frank<br>12:00 Lunch<br>12:30- 2:00 Trip to Trader<br>Joe's   | 13<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:45 Tai Chi w/ John<br>11:45 Announcements<br>12:00 Lunch<br>12:45 Yoga with Robin<br>2:00 Going Home | 14<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:45 – 11:45 Line Dancing<br>w/ Amy<br>12:00 Lunch<br>12:45 Exercise with Dominic<br>2:00 Going Home | 15<br><b>BIRTHDAY!</b><br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:30 Volunteer Program AHRC<br>Nassau<br>11:00 Exercise w/ Sandra<br>12:00 Lunch<br>12:30- 1:00 Birthday<br>Celebration<br>1:00 BINGO |

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| ARTS & CRAFTS1810:00 Social Hour, Cards,<br>Games and Coffee10:45 Yoga w/ Connie10:45 Yoga w/ Connie11:45 Announcements12:00 Lunch12:30 - 2 Sculpture w/Veronica1:00 Arts & Crafts OR Gamewith Debra from NH ProjectHope | 19<br>International Men's<br>Day<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>11:00 Chorus w/ Frank<br>12:00 Lunch<br>1:00 – 2:00 Work out with<br>Sheila<br>2:00 Going Home | Harmony Healthcare 20<br>Long Island<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:45 Tai Chi w/ John<br>11:45 Announcements<br>12:00 Lunch<br>12:45 Yoga with Robin<br>1:00 -2:00 HHLI Presentation<br>"Diabetes Awareness" | Site Council 21<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:45 -11:45 Line Dancing w/<br>Amy<br>10:30 Site Council<br>12:00 Lunch<br>12:45 Exercise with Dominic<br>2:00 Going Home | CORNELL 22<br>Trip to Rottkamp<br>Farm<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:00 Rottkamp Trip<br>10:30 Volunteer Program AHRC<br>Nassau<br>11:00 Exercise w/ Sandra<br>12:00 Lunch<br>12:45 CORNELL "Finding Sugars<br>in Food Labels"<br>1:30 Karaoke |
| 25<br><b>Spanish Class</b><br>10:00 Social Hour, Cards,<br>Games and Coffee<br>10:45 Yoga w/Connie<br>11:45 Announcements<br>12:00 Lunch<br>12:30- 2 Sculpture w/ Veronica<br>11:00 Spanish Class with Olga              | Thanksgiving26Breakfast by SiteCouncil10:00 Social Hour, Cards,Games, Coffee/ BREAKFAST11:00 Chorus w/ Frank12:00 Lunch1:00 - 2:00 Work out withSheila2:00 Going Home            | 27<br>10:00 Social Hour, Cards,<br>Games, Coffee<br>10:45 Tai Chi w/ John<br>11:45 Announcements<br>12:00 Lunch<br>12:45 Yoga with Robin<br>2:00 Going Home  | 28<br>WE ARE CLOSED<br>Happy<br>Thank solving   | 29<br>WE ARE CLOSED<br>BE GRATEFUL<br>BE THANKFUL<br>BELIEVE YOU ARE<br>BLESSED  |
|  | STATE OF NEW YORK  | Hours of Operation: 8:30 - 4<br>Meals suggested contribution: \$3.00<br>Transportation suggested contribution: \$1.00<br>Exercise suggested contribution: \$2.00   |   |  |

**BRUCE A. BLAKEMAN** 

NASSAU COUNTY EXECUTIVE

Site Council Meeting: 11/21

Birthdays Celebration: 11/15

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