November 2024 West Hempstead Senior Community Service Center 24 Westminster Rd, West Hempstead, NY 11552 (516) 481-3322

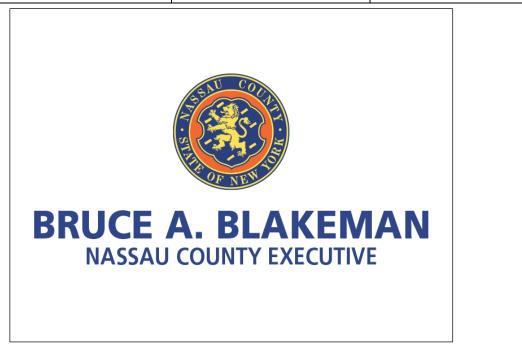


Nassau County Office for the Aging

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 |
|---|--|--|--|---|
| A CONTRACTOR OF | | | | 1 CENTER CLOSED ALL SAINTS DAY |
| 9:00-10:00 Coffee time 4 10:00-11:00 Chair Yoga 12:00 Meatloaf w/gravy Cards/Games/Socialize/Music | 9:00-10:00 Coffee time 5 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Chicken Burrito 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music 12:45-1:45 Site Council Meeting | 9:00-10:00 Coffee time 6 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Ravioli with meat sauce 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music | 9:00-10:00 Coffee time 7 10:00-12:00 Crafts/Cornhole 12:00 Chicken Francaise 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music | 9:00-10:00 Coffee time 8 9:45 Trivia 11:00 BINGO 12:00 Beef Stew 12:45 Franklin Square Sing-A- Long Cards/Games/Socialize/Music |
| 11 CENTER CLOSED VETERANS DAY | 9:00-10:00 Coffee time 12 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Chicken Cutlet w/Gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music ST. FRANCIS VAN FLU SHOTS | 9:00-10:00 Coffee time 13 9:30 Piano Lady 10:30-11:30 Tai-Chi 12:00 Salisbury Steak 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music | 9:00-10:00 Coffee time 14 10:30-11:30 Live Band Perf. 12:00 Sausage and Peppers 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music | 9:45 Trivia 11:00 BINGO 12:00 Stuffed Shells 12:45 Franklin Square Sing-A- |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 9:00-10:00 Coffee time 18 10:00-11:00 Chair Yoga 12:00 Penne ala Vodka w/Grilled Chicken Cards/Games/ Socialize/Music | 9:00-10:00 Coffee time 19 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Hamburger w/L & T 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music | 9:00-10:00 Coffee time 20 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music | 9:00-10:00 Coffee time 21 10:00 Nutrition Ed, 10:00-12:00 Crafts/Cornhole 12:00 Chicken Stew 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music | 9:00-10:00 Coffee time 22 9:45 Trivia 11:00 BINGO 12:00 Swedish Meatballs 12:45 Franklin Square Sing-A-Long Club/Cards/Games/Socialize/Music NOVEMBER BIRTHDAY CELEBRATIONS |
| 9:00-10:00 Coffee time 25 10:00-11:00 Chair Yoga 12:00 Roast Turkey w/Gravy Cards/Games/ Socialize/Music THANKSGIVING PARTY | 9:00-10:00 Coffee time 26 10:00-11:00 Chair Yoga 11:00-12:00 Bingo 12:00 Frittata w/Spinach, Potatoes, and Cheese 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music | 9:00-10:00 Coffee time 27 10:30-11:30 Tai-Chi 12:00 Veggie Burger w/L & T 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music | 28 CENTER CLOSED HAPPY THANKSGIVING | 29 CENTER CLOSED |



Hours of Operation: 8:30AM to 3:00PM

Meals suggested contribution: \$3.00

Transportation suggested contribution:

Exercise suggested contribution:

Site Council Meeting: Tuesday, November 5, 2024

Birthdays Celebration: Friday, November 22, 2024

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.