

# 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

				<p style="text-align: right;">1</p> <p style="text-align: center;"><b>CENTER CLOSED ALL SAINTS DAY</b></p>
<p>9:00-10:00 Coffee time <span style="float: right;">4</span> 10:00-11:00 Chair Yoga 12:00 Meatloaf w/gravy Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time <span style="float: right;">5</span> 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</p>	<p>9:00-10:00 Coffee time <span style="float: right;">6</span> 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</p>	<p>9:00-10:00 Coffee time <span style="float: right;">7</span> 10:00-12:00 Crafts/Cornhole 12:00 Chicken Francaise 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time <span style="float: right;">8</span> 9:45 Trivia 11:00 BINGO 12:00 Beef Stew 12:45 Franklin Square Sing-A- Long Cards/Games/Socialize/Music</p>
<p style="text-align: right;">11</p> <p style="text-align: center;"><b>CENTER CLOSED VETERANS DAY</b></p>	<p>9:00-10:00 Coffee time <span style="float: right;">12</span> 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</p>	<p>9:00-10:00 Coffee time <span style="float: right;">13</span> 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</p>	<p>9:00-10:00 Coffee time <span style="float: right;">14</span> 10:30-11:30 Live Band Perf. 12:00 Sausage and Peppers 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time <span style="float: right;">15</span> 9:45 Trivia 11:00 BINGO 12:00 Stuffed Shells 12:45 Franklin Square Sing-A- Long Cards/Games/Socialize/Music</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>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</p>	<p>9:00-10:00 Coffee time 19  10:00-11:00 Chair Yoga  11:00-12:00 Bingo  12:00 Hamburger w/L &amp; T  12:45-1:45 Body/Mind/Spirit  Cards/Games/Socialize/Music</p>	<p>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</p>	<p>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</p>	<p>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  <b>NOVEMBER BIRTHDAY CELEBRATIONS</b></p>
<p>9:00-10:00 Coffee time 25  10:00-11:00 Chair Yoga  12:00 Roast Turkey w/Gravy  Cards/Games/Socialize/Music  <b>THANKSGIVING PARTY</b></p>	<p>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</p>	<p>9:00-10:00 Coffee time 27  10:30-11:30 Tai-Chi  12:00 Veggie Burger w/L &amp; T  12:45-1:45 Arthritis Prevention Ex  Cards/Games/Socialize/Music</p>	<p>28  <b>CENTER CLOSED</b>  <b>HAPPY THANKSGIVING</b>  </p>	<p>29  <b>CENTER CLOSED</b></p>



**BRUCE A. BLAKEMAN**  
**NASSAU COUNTY EXECUTIVE**

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.