

December 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

9:00-10:00 Coffee time 2 10:00-11:00 Chair Yoga 12:00 Sausage & Peppers Cards/Games/Socialize/Music	9:00-10:00 Coffee time 3 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Beef stew 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00-10:00 Coffee time 4 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Spaghetti and Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 5 10:30-11:30 Live Band Perform 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 6 9:45 Trivia 11:00 BINGO 12:00 Chicken with tomato and basil sauce 12:45 Sing-A-Long with Frank Cards/Games/Socialize/Music
9:00-10:00 Coffee time 9 10:00-11:00 Chair Yoga 12:00 Hamburger on bun w/L&T Cards/Games/Socialize/Music	9:00-10:00 Coffee time 10 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Stuffed Shells 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music 12:45 Site Council Meeting	9:00-10:00 Coffee time 11 9:30-10:30 Piano Lady 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Pork Loin w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	12 <p style="text-align: center;">HOLIDAY PARTY BY RESERVATIONS ONLY</p>	9:00-10:00 Coffee time 13 9:45 Trivia 11:00 BINGO 12:00 Spinach and cheese frittata 12:45 Sing-A-Long with Frank Cards/Games/Socialize/Music
9:00-10:00 Coffee time 16 10:00-11:00 Chair Yoga 12:00 Beef Burrito Cards/Games/Socialize/Music	9:00-10:00 Coffee time 17 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Ravioli w/meat sauce 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00-10:00 Coffee time 18 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Roast Turkey w/gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 19 10:30-11:30 Live Band Perform 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 20 09:45 Trivia 11:00 BINGO 12:00 Veggie Burger 12:45 Sing-A-Long with Frank Cards/Games/Socialize/Music DECEMBER BIRTHDAY CELEBRATIONS

Monday

Tuesday

Wednesday

Thursday

Friday

<p>9:00-10:00 Coffee time 23 10:00-11:00 Chair Yoga 12:00 Pot Roast Cards/Games/ Socialize/Music</p>	<p>24 CENTER CLOSED CHRISTMAS EVE</p>	<p>25 CENTER CLOSED CHRISTMAS</p>	<p>9:00-10:00 Coffee time 26 12:00 Swedish Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 27 9:45 Trivia 11:00 BINGO 12:00 Baked Ziti 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/ Music</p>
<p>9:00-10:00 Coffee time 30 10:00-11:00 Chair Yoga 12:00 Beef Taco Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 31 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Stuffed Shells 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p> MERRY CHRISTMAS</p>	<p> HAPPY HANUKKAH</p>	<p> HAPPY KWANZAA</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, December 10, 2024

Birthdays Celebration: Friday, December 20, 2024

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