

January 2025

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



Happy Birthday to all our January **Birthdays**



We are Closed



10:00 Social Hour, Cards, Games. Coffee

10:45 - 11:45 Line Dancing w/ Amy 12:00 Lunch

12:45 Exercise with Dominic

Movie day

10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra

12:00 Lunch

12:30 - 2:00 Movie Time

10:00 Social Hour, Cards, **Games and Coffee** 10:45 Yoga w/Connie

11:45 Announcements 12:00 Lunch

12:30- 2 Sculpture w/ Veronica

10:00 Social Hour, Cards, Games. Coffee

11:00 Chorus w/ Frank 12:00 Lunch

12:30 - 2:00 Shopping to Walmart

10:00 Social Hour, Cards, Games, Coffee

10:45 Tai Chi w/ John 11:45 Announcements

12:00 Lunch

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12:45 Yoga with Robin

10:00 Social Hour, Cards, Games, Coffee

10:45 - 11:45 Line Dancing w/ Amy

12:00 Lunch

12:45 Exercise with Dominic

TARGETED HOME IMPROVEMENT PROGRAM

10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC

11:00 Exercise with Sandra 12:00 Lunch

Nassau

16

1:00 Presentation by Targeted **Home Improvement Program**

ARTS & CRAFTS 13

10:00 Social Hour, Cards, **Games and Coffee** 10:45 Yoga w/ Connie

11:45 Announcements 12:00 Lunch

12:30 - 2 Sculpture w/ Veronica

1:00 Arts & Crafts OR Game with Debra from NH Project Hope

Island Harvest CSFP Food Program Arrival

10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank

12:00 Lunch

1:00 - 2:00 Work out with Sheila

10:00 Social Hour, Cards, Games, Coffee

10:45 Tai Chi w/ John

11:45 Announcements 12:00 Lunch

12:45 Yoga with Robin

10:00 Social Hour, Cards, Games. Coffee

10:45 – 11:45 Line Dancing w/ Amv

12:00 Lunch

12:45 Exercise with Dominic



BINGO

10:00 Social Hour, Cards, Games, Coffee

10:30 Volunteer Program AHRC Nassau

11:00 Exercise w/ Sandra

12:00 Lunch

12:30 - 2:00 Birthday Celebration / bingo W/ Denisse Lynbrook

Restorative

10

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Monday Tuesday Wednesday Thursday Friday

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Spanish Class

10:00 Social Hour, Cards,
Games and Coffee
10:45 Yoga w/Connie
11:45 Announcements
12:00 Lunch
12:30- 2 Sculpture w/ Veronica

1:00 Spanish Class with Olga

20

27

Shopping Trip to Dollar Tree

21

28

10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank 12:00 Lunch 12:30 – 2:00 Shopping to

Dollar Tree

10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch

12:45 Yoga with Robin

10:00 Social Hour, Cards, Games, Coffee 10:45 – 11:45 Line Dancing w/ Amy 12:00 Lunch 12:45 Exercise with Dominic

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Karaoke Day Pajama/Hot chocolate Day

24

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10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 1:00 Karaoke Day/hot cocoa

Spanish Class

10:00 Social Hour, Cards,
Games and Coffee
10:45 Yoga w/Connie
11:45 Announcements
12:00 Lunch
12:30- 2 Sculpture w/ Veronica
1:00 Spanish Class with Olga

10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank 12:00 Lunch 1:00 – 2:00 Work out with Sheila 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Yoga with Robin 10:00 Social Hour, Cards,
Games, Coffee
10:45 – 11:45 Line Dancing
w/ Amy
12:00 Lunch
12:45 Exercise with Dominic

Shopping Trip to
Target
Site Council Meeting
10:00 Social Hour, Cards,
Games, Coffee
10:30 Volunteer Program AHRC
Nassau
10:30 Site Council
11:00 Exercise w/ Sandra
12:00 Lunch
12:30 Trip to TARGET

SAU COLLAR SERVICE OF NEW 25

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30 - 4

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting:1/31/25

Birthdays Celebration:1/17/25

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