

January 2025

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

		 CENTER CLOSED NEW YEAR'S DAY	1 9:00-10:00 Coffee time 9:30-11:30 Cornhole 10:30-11:30 Live Band Perform 12:00 Meatloaf w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	2 9:00-10:00 Coffee time 9:45 Trivia 11:00 BINGO 12:00 Chicken Francese 12:45 Franklin Square Sing-A-Long Cards/Games/Socialize/Music
9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 10:00 LONG ISLAND CARES 12:00 Chicken Piccata Cards/Games/Socialize/Music	6 9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Beef Burrito 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music 12:45 Site Council Meeting	7 9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Beef Burrito 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music 12:45 Site Council Meeting	8 9:00-10:00 Coffee time 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Breaded Chicken Cutlet w/Gravy 12:45-1:45 Arthritis Prevention Ex/Cards/Games/Socialize/Music	9 9:00-10:00 Coffee time 12:00 Stuffed Shells w/Marinara Sauce 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music
13 9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 12:00 Swedish Meatballs Cards/Games/Socialize/Music	14 9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Ravioli with Marinara 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	15 9:00-10:00 Coffee time 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	16 9:00-10:00 Coffee time 9:30-11:30 Cornhole 10:30-11:30 Live Band Perform 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	17 9:00-10:00 Coffee time 9:45 Trivia 11:00 BINGO 12:00 Chicken Burrito 12:45 Franklin Square Sing-A-Long Cards/Games/Socialize/Music

Monday

Tuesday

Wednesday

Thursday

Friday



Center Closed
MARTIN LUTHER KING, JR.

20

9:00-10:00 Coffee time
10:00-11:00 Chair Yoga
11:00 BINGO
12:00 Beef Stew
12:45-1:45 Body/Mind/Spirit
Cards/Games/Socialize/Music

21

9:00-10:00 Coffee time
10:00 Shopping
10:30-11:30 Tai-Chi
12:00 Penne a La vodka/w Grilled
Chicken
12:45-1:45 Arthritis Prevention
Ex/Cards/Games/Socialize/Music

22

9:00-10:00 Coffee time
10:30-11:30 Live Band
Perform
12:00 Hamburger w/Cheese
12:45-1:45 Arthritis
Prevention Ex.
Cards/Games/Socialize/Music

23

9:00-10:00 Coffee time
9:45 Trivia
11:00 BINGO
12:00 Chicken Fajitas with
Peppers & Onions
12:45 Franklin Square Sing-A-
Long
Club/Cards/Games/Socialize/M
usic
JANUARY BIRTHDAY
CELEBRATIONS

24

9:00-10:00 Coffee time
10:00-11:00 Chair Yoga
12:00 Chicken Francese
Cards/Games/Socialize/Music

27

9:00-10:00 Coffee time
10:00-11:00 Chair Yoga
11:00 BINGO
12:00 Baked Ziti w/Eggplant
Rollatini
12:45-1:45 Body/Mind/Spirit
Cards/Games/Socialize/Music

28

9:00-10:00 Coffee time
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

29

9:00-10:00 Coffee time
10:00 Shopping
10:30-11:30 Live Band
Perform
12:00 Stuffed Peppers
12:45-1:45 Arthritis
Prevention Exercise

30

9:00-10:00 Coffee time
9:45 Trivia
11:00 BINGO
12:00 Pot Roast w/Gravy
12:45 Franklin Square Sing-A-
Long
Club/Cards/Games/Socialize/M
usic

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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, January 7, 2025

Birthdays Celebration: Friday, January 24, 2025

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