

February 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

<p>9:00-10:00 Coffee time 3 10:00-11:00 Chair Yoga 12:00 Beef Stew w/potatoes and carrots Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 4 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Breaded chicken cutlet/w Gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music 12:45 Site Council Meeting</p>	<p>9:00-10:00 Coffee time 5 9:30-10:30 Piano Lady 10:30-11:30 Tai-Chi 12:00 Pork Loin w/Gravy 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 6 9:30-11:30 Cornhole 10:30-11:30 Live Band Perform 12:00 Swedish Meatballs 12:45-1:45 Arthritis Prevention Ex Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 7 9:45 Trivia 11:00 BINGO 12:00 Ravioli w/Meat sauce 12:45 West Hempstead Sing-A-Long Cards/Games/Socialize/Music</p>
<p>9:00-10:00 Coffee time 10 10:00-11:00 Chair Yoga 12:00 Meatloaf w/Gravy Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 11 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Sausage and Peppers 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 12 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Stuffed Shells w/Mariana 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 13 10:30-11:30 Live Band Perform 12:00 Hamburger on Bun w/L&T 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 14 9:45 Trivia 11:00 BINGO 12:00 Pot Roast w/Gravy Cards/Games/Socialize/Music</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">17</p> <p style="text-align: center;">CENTER CLOSED PRESIDENTS DAY</p> 	<p style="text-align: right;">18</p> <p>9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Open Face Roast Turkey w/Gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p style="text-align: right;">19</p> <p>9:00-10:00 Coffee time 10:30-11:30 Tai-Chi 12:00 Chicken Francese 12:45-1:45 Arthritis Prevention Exercise Cards/Games/Socialize/Music</p>	<p style="text-align: right;">20</p> <p>9:00-10:00 Coffee time 9:30-11:30 Cornhole 12:00 Spaghetti and Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p style="text-align: right;">21</p> <p>9:00-10:00 Coffee time 9:45 Trivia 11:00 BINGO 12:00 Chicken w/Tomato and Basil Sauce 12:45 West Hempstead Sing-A-Long Club/Cards/Games/Socialize/Music FEBRUARY BIRTHDAY CELEBRATIONS</p>
<p>9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 12:00 Chicken Parmigiana Cards/Games/Socialize/Music</p> <p style="text-align: right;">24</p>	<p>9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Beef Taco 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p> <p style="text-align: right;">25</p>	<p>9:00-10:00 Coffee time 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Greek salad w/Grilled Chicken 12:45-1:45 Arthritis Prevention Exercise</p> <p style="text-align: right;">26</p>	<p>9:00-10:00 Coffee time 10:00 Shopping 10:30-11:30 Live Band Perform 12:00 Baked Ziti w/Eggplant Rollatini 12:45-1:45 Arthritis Prevention Exercise</p> <p style="text-align: right;">27</p>	<p>9:00-10:00 Coffee time 9:45 Trivia 11:00 BINGO 12:00 Breaded Fish 12:45 West Hempstead Sing-A-Long Club/Cards/Games/Socialize/Music</p> <p style="text-align: right;">28</p>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

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

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting: Tuesday, February 4, 2025

Birthdays Celebration: Friday, February 21, 2025

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.