

# March 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 Chicken Francaise Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 4 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Pork Loin w/Gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 5 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex. Ex/Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 6 9:30-11:30 Cornhole 10:30 Nutrition Education 12:00 Sausage &amp; Peppers 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 Baked Ziti w/Eggplant Rollatini 12:45 Sing-A-Long with Frank 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 Chicken Picatta 2:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music 12:45 Site Council Meeting</p>	<p>9:00-10:00 Coffee time 12 9:30-10:30 Piano Lady 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Beef Burrito 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 Chicken Cordon Bleu 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 Veggie Burger w/L&amp;T 12:45 Sing-A-Long with Frank Cards/Games/Socialize/Music</p>
<p>9:00-10:00 Coffee time 17 10:00-11:00 Chair Yoga 12:00 Corned Beef and Cabbage Cards/Games/Socialize/Music</p> 	<p>9:00-10:00 Coffee time 18 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Stuffed Peppers 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 19 10:00 Shopping 10:30-11:30 Tai-Chi 12:00 Chicken Parmigiana 12:45-1:45 Arthritis Prevention Exercise Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 20 9:30-11:30 Cornhole 12:00 Swedish Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 21 9:45 Trivia 10:15 HIICAP (insurance discussion) 11:00 BINGO 12:00 Ravioli with Marinara 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/M usic</p> <p style="text-align: center;"><b>MARCH BIRTHDAY CELEBRATIONS</b></p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>9:00-10:00 Coffee time 24  10:00-11:00 Chair Yoga  12:00 Chicken Stew  Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 25  10:00-11:00 Chair Yoga  11:00 BINGO  12:00 Pot Roast w/Gravy  12:45-1:45 Body/Mind/Spirit  Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 26  10:00 Shopping  10:30-11:30 Tai-Chi  12:00 Kielbasa  w/Sauerkraut  12:45-1:45 Arthritis  Prevention Exercise</p>	<p>9:00-10:00 Coffee time 27  10:30-11:30 Live Band Perform  12:00 Hamburger on bun  w/L&amp;T  12:45-1:45 Arthritis Prevention  Exercise   SPRING FLING 3PM HICKSVILLE</p>	<p>9:00-10:00 Coffee time 28  9:45 Trivia  11:00 BINGO  12:00 Stuffed Shells w/Marinara  12:45 Sing-A-Long with Frank  Club/Cards/Games/Socialize/Music</p>
<p>9:00-10:00 Coffee time 31  10:00-11:00 Chair Yoga  12:00 Chicken Stuffed with  Spinach and Cheese  Cards/Games/Socialize/Music</p>		<p><b>“March” is named  for the Roman  god of war,</b></p>	<p><b>MARCH COMES IN  LIKE A LION AND OUT  LIKE A LAMB</b></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, March 4, 2025

Birthdays Celebration: Friday, March 21, 2025

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