

**April 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



	<b>9:00-10:00 Coffee time 1</b> <b>10:00-11:00 Chair Yoga</b> <b>11:00 BINGO</b> <b>12:00 Swedish Meatballs w/Gravy</b> <b>12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 2</b> <b>10:00 Shopping</b> <b>10:30-11:30 Tai-Chi</b> <b>12:00 Open Face Turkey Sandwich</b> <b>12:45-1:45 Arthritis Prevention Ex/Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 3</b> <b>9:30-11:30 Cornhole</b> <b>12:00 Penne a la Vodka w/Grilled Chicken</b> <b>12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 4</b> <b>9:45 Trivia</b> <b>11:00 BINGO</b> <b>12:00 Breaded Fish</b> <b>12:45 Sing-A-Long with Frank Cards/Games/Socialize/Music</b>
<b>9:00-10:00 Coffee time 7</b> <b>10:00-11:00 Chair Yoga</b> <b>12:00 Chicken Francaise</b> <b>Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 8</b> <b>10:00-11:00 Chair Yoga</b> <b>11:00 BINGO</b> <b>12:00 Kielbasa with Sauerkraut 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</b> <b>12:45 Site Council Meeting</b>	<b>9:00-10:00 Coffee time 9</b> <b>9:30-10:30 Piano Lady</b> <b>10:00 Shopping</b> <b>10:30-11:30 Tai-Chi</b> <b>12:00 Chicken Burrito</b> <b>12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 10</b> <b>10:30-11:30 Live Band Perform 12:00 Stuffed Shells over Spinach 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 11</b> <b>9:45 Trivia</b> <b>11:00 BINGO</b> <b>12:00 Veggie Burger on a roll</b> <b>12:45 Sing-A-Long with Frank Cards/Games/Socialize/Music</b> <b>APRIL BIRTHDAY CELEBRATIONS</b>
<b>9:00-10:00 Coffee time 14</b> <b>10:00-11:00 Chair Yoga</b> <b>12:00 Chicken Parmigiana</b> <b>Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 15</b> <b>10:00-11:00 Chair Yoga</b> <b>11:00 BINGO</b> <b>12:00 Roast Chicken w/Gravy</b> <b>12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 16</b> <b>10:00 Shopping</b> <b>10:30-11:30 Tai-Chi</b> <b>12:00 Meatloaf w/gravy</b> <b>12:45-1:45 Arthritis Prevention Exercise</b> <b>Cards/Games/Socialize/Music</b>	<b>9:00-10:00 Coffee time 17</b> <b>9:30-11:30 Cornhole</b> <b>10:30 Nutrition Education</b> <b>12:00 Baked Ziti</b> <b>12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</b>	<b>18</b>  <b>CENTER CLOSED IN OBSERVATION OF GOOD FRIDAY</b>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <p><b>CENTER CLOSED IN OBSERVATION OF EASTER MONDAY</b></p>	<p>9:00-10:00 Coffee time 22</p> <p>10:00-11:00 Chair Yoga</p> <p>10:00-2:00 St. Francis Health Bus</p> <p>11:00 BINGO</p> <p>12:00 Pasta w/Mariana Sauce</p> <p>12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 23</p> <p>10:00 Shopping</p> <p>10:30-11:30 Tai-Chi</p> <p>12:00 Breaded Fish</p> <p>12:45-1:45 Arthritis Prevention Exercise</p>	<p>9:00-10:00 Coffee time 24</p> <p>10:30-11:30 Live Band Perform</p> <p>12:00 Pork Loin w/gravy</p> <p>12:45-1:45 Arthritis Prevention Exercise</p>	<p>9:00-10:00 Coffee time 25</p> <p>9:45 Trivia</p> <p>11:00 BINGO</p> <p>12:00 Chili with Beef and Beans</p> <p>12:45 Sing-A-Long with Frank-Club/Cards/Games/Socialize/Music 25</p>
<p>9:00-10:00 Coffee time 28</p> <p>10:00-11:00 Chair Yoga</p> <p>12:00 Ravioli w/Mariana Sauce</p> <p>Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 29</p> <p>10:00-11:00 Chair Yoga</p> <p>11:00 BINGO</p> <p>12:00 Hamburger on a bun w/L&amp;T</p> <p>12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 30</p> <p>10:00 Shopping</p> <p>10:30-11:30 Tai-Chi</p> <p>12:00 Chicken Marsala</p> <p>12:45-1:45 Arthritis Prevention Exercise</p>	 <p><b>APRIL SHOWERS BRING MAY FLOWERS</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, April 8 @ 12:30

Birthdays Celebration: Friday, April 11, 2025

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.