
























May 2022

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
<p>2</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie McKnight 11:45 Announcements 10:00- 12 Health Check Up with Nurse Anisha 12:00 Lunch Onsite 12:30- 2:00 Sculpture Class with Veronica Smith</p> 	<p>3</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45- 11:45 Mother's Day Arts & Crafts with Olga 11:45 Announcements 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Samantha Perry</p> 	<p>4</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45- 1:45 Exercise with Victoria Smith</p> 	<p>5</p> <p>Closed</p>	<p>6</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Lunch Onsite 12:30 Announcements & Game 1:00 Bingo/Games</p> 
<p>9</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie McKnight 11:45 Announcements 12:00 Lunch Onsite 12:30- 2:00 Sculpture Class with Veronica Smith</p> 	<p>10</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 -11:45 Bingo 11:45 Announcements 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Samantha Perry</p> 	<p>11</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45- 1:45 Exercise with Victoria Smith</p> 	<p>12</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Line Dancing with Lori Shapiro 11:45 Announcements 12:00 Lunch Onsite 12:30-1:30 Yoga with Dominic Hawkins</p> 	<p>13</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Lunch Onsite 12:30 Announcements & Game 1:00 Bingo/Games</p> 
<p>16</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie McKnight 11:45 Announcements 12:00 Lunch Onsite 12:30- 2:00 Sculpture Class with Veronica Smith</p> 	<p>17</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30- 12:00 LIFHC Nurse/ Presentation Medication Management 11:45 Announcements 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Samantha Perry</p> 	<p>18</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45- 1:45 Exercise with Victoria Smith</p> 	<p>19</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Line Dancing with Lori Shapiro 11:45 Announcements 12:00 Lunch Onsite 12:30-1:30 Yoga with Dominic Hawkins</p> 	<p>20</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Lunch Onsite 12:30 Nutrition ED Presentation by Cornell Cooperative Extension 1:00 Bingo/Games</p> 
<p>23</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga with Connie McKnight 11:45 Announcements 12:00 Lunch Onsite 12:30- 2:00 Sculpture Class with Veronica Smith</p> 	<p>24</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 -11:45 Bingo 11:45 Announcements 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Samantha Perry</p> 	<p>25</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi with John Briscoe 11:45 Announcements 12:00 Lunch Onsite 12:45- 1:45 Exercise with Victoria Smith</p> 	<p>26</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:30 Line Dancing with Lori Shapiro 11:45 Announcements 12:00 Lunch Onsite 12:30-1:30 Yoga with Dominic Hawkins</p> 	<p>27</p> <p>10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise with Sheila Hawkins 12:00 Lunch Onsite 12:30- 2:00 LIFHC Nurse/ Presentation Medication Management 1:00 Bingo/Games</p> 
<p>30</p> <p>WE ARE CLOSE IN OBSERVANCE OF MEMORIAL DAY  REMEMBER AND HONOR</p>	<p>31</p> <p>10:00 Social Hour, Cards, Games, Coffee 10:45 -11:45 Bingo 11:45 Announcements 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Samantha Perry</p> 	<p>Happy  Mother's Day</p>	<p>LOVE MOTHER TRUSTED CHERISH MOTHER TRUSTED RESPECT MOTHER TRUSTED LOVE MEMORIES RESPECT RESPECT MOTHER TRUSTED CHERISH LOVE CHERISH MEMORIES RESPECT MOTHER TRUSTED LOVE RESPECT MOTHER MEMORIES</p>	<p>RESERVATIONS FOR ALL CENTER ACTIVITIES ARE MANDATORY. PLEASE CALL US TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES</p>