

November 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 10:00 Social Hour, Cards, **Project Hope Presentation** 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, Games, Coffee Games, Coffee Games, Coffee 10:00 Social Hour, Cards. 11:00 Exercise with Sheila 10:45 Thai Chi with John 10:45 Lori Shapiro Games, Coffee **Hawkins** Briscoe 12:00 Lunch Onsite 11:45 Announcements 10:45 -12:00 Project Hope 11:45 Announcements 12:30 Cornell Extension 12:00 Lunch Onsite Presentation on their 12:00 Lunch **Presentation on Nutrition** 12:30-1:30 Yoga Services Onsite 1:00 Bingo 12:00 Lunch Onsite with Dominic 12:45 - 1:4512:30 - 1:30 Exercise with **Exercise with** Lloyd Victoria Smith 7 10 11 10:30 Social Hour, Cards 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, Closed Closed **Games & Coffee** Games, Coffee Games, Coffee 10:45 Yoga with Connie 10:45 Tai Chi with John 10:45 Lori Shapiro 11:45 Announcements Briscoe 11:45 Announcements 12:00 Lunch Onsite 11:45 Announcements 12:00 Lunch Onsite 12:30 Sculpture Class with 12:00 Lunch Onsite 12:30-1:30 Yoga Veronica Smith VETERANS DA 12:45-1:45 with Dominic **Exercise with** Victoria Smith 16 17 14 **BINGO** 15 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, Happy Birthday Game, Coffee Games, Coffee Games, Coffee Games, Coffee 10:45 Yoga with Connie 10:45 Tai Chi with John 10:45 Lori Shapiro 10:30 BINGO with Denise 10:00 Social Hour, Cards, 11:45 Announcements Briscoe 11:45 Announcements from Lynbrook Restoring Games, Coffee 12:00 Lunch Onsite 11:45 Announcements 12:00 Lunch Onsite 11:00 Exercise with Sheila 12:30 Sculpture with Therapy 12:00 Lunch Onsite 12:30-1:30 Yoga 12:00 Lunch Onsite 12:00 Lunch Onsite Veronica 12:45- 1:45 with Dominic 12:00 Birthday Celebration 12:30 - 1:30 Exercise with **Exercise with** Llovd Victoria Smith

Monday Tuesday Wednesday Thursday Friday

10:00 Social Hour, Cards, Game, Coffee
10:45 Yoga with Connie
11:45 Announcements
12:00 Lunch Onsite
12:30 Sculpture with
Veronica

10:00 Social Hour, Cards,
Games,
Coffee
10:45 -11:45
Site Council
11:45 Announcements
12:00 Lunch Onsite
12:30 - 1:30 Exercise with

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

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10:00 Social Hour, Cards, Games, Coffee

10:45 – 11:45 Yoga with

Connie 10:00 - 12

Health Check

Up with Nurse Anisha 12:00 Lunch Onsite 12:30- 2:00 Sculpture Class with Veronica 10:00 Social Hour, Cards, Games, Coffee

10:45 -11:45 Bingo 11:45

Lloyd

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Announcements 12:00 Lunch Onsite 12:30 - 1:30 Exercise with Lloyd 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 , 30

Hours of Operation: 8:30 – 4:00
Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 Exercise suggested contribution: \$ 1.00

Site Council Meeting: November 15

November Birthdays Celebration: November 18

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

SAU COLLINATION OF NEW 18

BRUCE A. BLAKEMAN NASSAU COUNTY EXECUTIVE