

November 2023

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, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:30 BINGO 2:00 Going Home | ROTTKAMP FARM TRIP 10:00 - 12:00 Rottkamp Farm Trip 12:00 Lunch 12:45 -1:45 Yoga w/ Dominic 2:00 Going Home | Harmony Healthcare 3 Long Island Mobil Coach 10:00 – 11 HHLI Mobile 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sheila 12:00 Lunch 12:30 Anouncemnts 1:00 BINGO |
| 10:00 Socia Hour, Cards, Games and Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:30 – 2 Sculpture w/ Veronica 2:00 Going Home | WE ARE CLOSED Your Vote Counts! | ARTS & CRAFTS DAY 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:30 Arts & Crafts with Debra from NH Project Hope | 9 SITE COUNCIL METTING 10:00 Social Hour, Cards, Games, Coffee 10:45 Site Counsil Meeting 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic 2:00 Going Home | WE ARE CLOSED WE ARE CLOSED HONORING HONORING HONORING HONORING SERVED |
| 10:00 Socia Hour, Cards, Games and Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:30 – 2 Sculpture w/ Veronica 2:00 Going Home | 14 10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank 12:00 Lunch 1:00 – 2:00 Music and moving w/ Lloyd 2:00 Going Home | 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:30 MOVIE TIME 2:00 Going Home | 16 10:00 Social Hour, Cards, Games, Coffee 10:45 BINGO 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic 2:00 Going Home | 10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sheila 12:00 Lunch 12:45 CORNELL "Mind Diet" 1:30 - 2:00 Birthday Celebration |

20 21 22 23 24 10:00 Socia Hour, Cards, 10:00 Social Hour, Cards, **WE ARE CLOSED WE ARE CLOSED** Games, Coffee Games and Coffee 11:00 Chorus w/ Frank 10:45 Yoga w/ Connie 10:00 Social Hour, Cards, 12:00 Lunch 11:45 Announcements Games, Coffee **BE GRATEFUL** 1:00 - 2:00 Music and 12:00 Lunch 10:45 Tai Chi w/ John **BE THANKFUL** moving w/Lloyd 12:30 - 2 Sculpture w/ 11:45 Announcements **BELIEVE YOU ARE** 2:00 Going Home Veronica 12:00 Lunch 2:00 Going Home 1:00 Bingo with Denise **BLESSED** 2:00 Going Home 27 28 29 30 10:00 Socia Hour, Cards, **CAPTION PHONES** 10:00 Social Hour, Cards, **FASHION SHOW** Games, Coffee Games and Coffee 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, 11:00 Chorus w/ Frank 10:45 Yoga w/ Connie Games, Coffee Games, Coffee 12:00 Lunch 11:45 Announcements 10:45 Tai Chi w/ John 10:30 – 12 Presentation with 1:00 - 2:00 Music and 12:00 Lunch **Patricia from Clear Captions** 11:45 Announcements moving w/Lloyd 12:30 - 2 Sculpture w/ 12:00 Lunch **Phones** 2:00 Going Home Veronica 11:45 Announcements 12:30- 2 Fashion Show 2:00 Going Home 2:00 Going Home 12:00 Lunch 12:45 Yoga w/ Dominic 2:00 Going Home

Wednesday



Tuesday

Monday

BRUCE A. BLAKEMAN NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30 - 4:00

Thursday

Friday

Meals suggested contribution: \$3.00.

Transportation suggested contribution: \$1.00.

Exercise suggested contribution: \$2.00.

Site Council Meeting: 11/9

Birthdays Celebration: 11/17

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