

**April 2024**

**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

<b>Learning Sudoku</b> 1 10:00 Social Hour, Cards, Games and Coffee <b>10:15 Learning Sudoku w/ Winsome</b> <b>10:45 Yoga W/ Connie</b> 11:45 Announcement 12:00 Lunch <b>12:30 – 2 Sculpture w/ Veronica</b> <b>1:00 Charade Game</b>	2 10:00 Social Hour, Cards, Games, Coffee <b>11:00 Chorus w/ Frank</b> 12:00 Lunch <b>1:00 – 2:00 Music and moving w/ Lloyd</b> 2:00 Going Home	3 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga with Robin</b> 2:00 Going Home	4 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home	 5 <b>10:00 Social Hour, Cards, Games, Coffee</b> <b>10:30 Volunteer Program AHRC Nassau</b> <b>11:00 Exercise w/ Sandra</b> <b>12:00 Lunch</b> <b>1:00 -2:00 Bingo w/ Denisse by Lynbrook Restorative Nursing</b>
8 <b>ARTS &amp; CRAFTS DAY</b> <b>10:00 Social Hour, Cards, Games and Coffee</b> <b>10:45 Yoga w/ Connie</b> 11:45 Announcements 12:00 Lunch <b>12:30 – 2 Sculpture w/ Veronica</b> <b>1:00 Arts &amp; Crafts OR Game with Debra from NH Project Hope</b>	9 <b>Learning Rummikub</b> 10:00 Social Hour, Cards, Games, Coffee <b>10:15 Learning RummiKub w/ Claudia</b> <b>11:00 Yoga with Robin</b> 12:00 Lunch <b>1:00 – 2:00 Music and moving w/ Lloyd</b> 2:00 Going Home	10 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga with Robin</b> 2:00 Going Home	11 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home	12 <b>PRICE IS RIGHT</b> 10:00 Social Hour, Cards, Games and Coffee <b>10:30 Volunteer Program AHRC Nassau</b> <b>11:00 Exercise w/ Sandra</b> 12:00 Lunch <b>12:45 – 2 Price is Right game. Sponsored by Aetna</b>
<b>Learning Sudoku</b> 15 10:00 Social Hour, Cards, Games and Coffee <b>10:15 Learning Sudoku w/ Winsome</b> <b>10:45 Yoga W/ Connie</b> 11:45 Announcement 12:00 Lunch <b>12:30 – 2 Sculpture w/ Veronica</b> <b>1:00 Bingo</b>	16 <b>Learning Rummikub</b> 10:00 Social Hour, Cards, Games, Coffee <b>10:15 Learning RummiKub w/ Claudia</b> <b>11:00 Chorus w/ Frank</b> 12:00 Lunch <b>1:00 – 2:00 Music and moving w/ Lloyd</b> 2:00 Going Home	17 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga with Robin</b> 2:00 Going Home	18 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home	 19 <b>Celebrating our Cultures</b> <b>10:00 Social Hour, Cards, Games, Coffee</b> <b>10:30 Volunteer Program AHRC Nassau</b> <b>11:00 Exercise w/ Sandra</b> <b>12:00 Lunch</b> <b>12:30 Birthday Celebration/ Celebrating our cultures.</b>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>GARDENING EARTH DAY</b> 22 10:00 Social Hour, Cards, Games and Coffee <b>10:45 Yoga w/ Connie</b> 11:45 Announcements 12:00 Lunch <b>12:30 – 2 Sculpture w/ Veronica</b> 1:00 Celebrating our Earth Gardening w/ Olga and Natanielle	23 10:00 Social Hour, Cards, Games, Coffee <b>11:00 Chorus w/ Frank</b> 12:00 Lunch <b>1:00 – 2:00 Music and moving w/ Lloyd</b> 2:00 Going Home	<b>Harmony Healthcare Long Island</b> 24 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> <b>11:45 Announcements</b> 12:00 Lunch <b>12:45 Yoga with Robin</b> <b>1:00 – 2pm HHLI Presentation on "Hearing Loss"</b>	25 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home	<b>CORNELL</b> 26 10:00 Social Hour, Cards, Games, Coffee <b>10:30 Volunteer Program AHRC Nassau</b> <b>11:00 Exercise w/ Sandra</b> 12:00 Lunch <b>12:45- 1:30 CORNELL</b> Learning about "Are you smarter than a Nutritionist." <b>1:30 Bingo</b>
29 <b>St. Francis Outreach Mobil</b> 10:00 -2:00 St Francis Outreach Mobile Bus 10:00 Social Hour, Cards, Games and Coffee <b>10:45 Yoga w/ Connie</b> 11:45 Announcements 12:00 Lunch <b>12:30 – 2 Sculpture w/ Veronica</b>	30 <b>SITE COUNCIL</b> 10:00 Social Hour, Cards, Games, Coffee <b>10:15- 10:45 Site Council</b> <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home			<b>Happy Birthday to all April Birthdays</b> 



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

Hours of Operation: **8:30 - 4**

Meals suggested contribution: **\$ 3.00.**

Transportation suggested contribution: **\$1.00.**

Exercise suggested contribution: **\$2.00.**

Site Council Meeting: **4/30**

Birthdays Celebration: **4/19**

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