

March 2026

**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

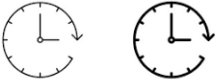
Tuesday

Wednesday

Thursday

Friday

9:00-10:00 Coffee time 2 10:00-11:00 Chair Yoga 12:00 Chicken Francaise Cards/Games/Socialize/Musi c	9:00-10:00 Coffee time 3 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Pork Loin w/Gravy 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Musi c	9:00-10:00 Coffee time 4 10:00 Shopping 10:00-11:00 Tai-Chi 11:00-11:00 Arts & Crafts 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex/Cards/Games/Socialize/Musi c	9:00-10:00 Coffee time 5 10:00-12:00 Live Band Perform 12:00 Sausage & Peppers 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Musi c	9:00-10:00 Coffee time 6 9:45 Trivia 10:00-11:00 BINGO 12:00 Baked Ziti w/Eggplant Rollatini 12:45 Franklin Square Sing-A-Long Cards/Games/Socialize/Music
9:00-10:00 Coffee time 9 10:00-11:00 Chair Yoga 11:00 Piano Lady 12:00 Meatloaf w/gravy Cards/Games/Socialize/Musi c	9:00-10:00 Coffee time 10 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Chicken Picatta Cards/Games/Socialize/Musi c 12:45 Site Council Meeting	9:00-10:00 Coffee time 11 10:00 Shopping 10:00-11:00 Tai-Chi 11:00-11:00 Arts & Crafts 12:00 Beef Burrito 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 12 10:30 Nutrition Education 12:00 Chicken Cordon Bleu 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Musi c	9:00-10:00 Coffee time 13 9:45 Trivia 10:00-11:00 BINGO 12:00 Vegetarian Burrito 12:45 Franklin Square Sing-A-Long Cards/Games/Socialize/Music
9:00-10:00 Coffee time 16 10:00-11:00 Chair Yoga 12:00 Stuffed Peppers Cards/Games/Socialize/Musi c	9:00-10:00 Coffee time 17 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Corned Beef w/Cabbage Cards/Games/Socialize/Musi c 	9:00-10:00 Coffee time 18 10:00 Shopping 10:00-11:00 Tai-Chi 11:00-11:00 Arts & Crafts 12:00 Chicken Parmigiana 12:45-1:45 Arthritis Prevention Exercise Cards/Games/Socialize/Music	9:00-10:00 Coffee time 19 10:00-12:00 Live Band Perform 12:00 Swedish Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Musi c	9:00-10:00 Coffee time 20 9:45 Trivia 10:30 BINGO 12:00 Jumbo Ravioli Club/Cards/Games/Socialize/Musi c MARCH BIRTHDAY CELEBRATIONS FIRST DAY OF SPRING

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 Coffee time 23 10:00-11:00 Chair Yoga 12:00 Chicken Stew Cards/Games/Socialize/Music	9:00-10:00 Coffee time 24 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Pot Roast w/Gravy Cards/Games/Socialize/Music	9:00-10:00 Coffee time 25 10:00 Shopping 10:00-11:00 Tai-Chi 11:00-11:00 Arts & Crafts 12:00 Kielbasa w/Sauerkraut 12:45-1:45 Arthritis Prevention Exercise	9:00-10:00 Coffee time 26 9:30-11:30 Cornhole 12:00 Hamburger w/L&T 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 27 9:45 Trivia 10:00-11:00 BINGO 12:00 Stuffed Shells over Spinach 12:45 Franklin Square Sing-A-Long Club/Cards/Games/Socialize/Music
9:00-10:00 Coffee time 30 10:00-11:00 Chair Yoga 12:00 Chicken topped w/Mozzarella & Spinach Cards/Games/Socialize/Music	9:00-10:00 Coffee time 31 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Open Face Turkey Sandwich Cards/Games/Socialize/Music	MARCH GOES IN LIKE A LION AND OUT LIKE A LAMB		REMINDER: DAYLIGHT SAVINGS TIME IS SUNDAY, MARCH 8, 2026 MAKE SURE YOU SET YOUR CLOCKS 1 HOUR AHEAD 



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:

**Garden City, Bellerose, Elmont, Floral Park,
Franklin Square, Malverne, West Hempstead**

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, March 10, 2026

Birthdays Celebration: Friday, March 20, 2026

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