

June 2026



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

**West Hempstead Senior Center
24 Westminster Rd, West Hempstead, NY 11552**

Monday

Tuesday

Wednesday

Thursday

Friday

<p>9:00-10:00 Coffee time 1 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Sausage & Peppers Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 2 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Chicken Parmigiana 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 3 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 11:00-12:00 Dietary Guidelines Instruction 12:00 Grilled Chicken 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 4 9:30-11:30 Cornhole 12:00 Swedish Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 5 9:45 Trivia 10:00-11:00 BINGO 12:00 Chicken Marsala 12:45 Sing-A-Long with Frank Cards/Games/Socialize/Music</p>
<p>9:00-10:00 Coffee time 8 10:00-11:00 Chair Yoga 11:00 Piano Lady 12:00 Roast Pork w/Gravy Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 9 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Chicken Burrito Cards/Games/Socialize/Music 12:45 Site Council Meeting</p>	<p>9:00-10:00 Coffee time 10 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Breaded Fish Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 11 10:00-12:00 Live Band Perform 12:00 Grilled Chicken Cards/Games/Socialize/Music</p>	<p style="text-align: center;">12 CENTER CLOSED STAFF DAY</p>
<p>9:00-10:00 Coffee time 15 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Stuffed Peppers Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 16 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Roast Chicken W/Gravy Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 17 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Sausage & Peppers 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 18 10:30 Nutrition Education 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p style="text-align: center;">19 CENTER CLOSED JUNETEENTH</p>

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 Coffee time 22 10:00-11:00 Chair Yoga 12:00 Pot Roast Cards/Games/Socialize/Music	9:00-10:00 Coffee time 23 10:00-11:00 Chair Yoga 11:00 Father's Day Celebration 12:00 Chicken Picatta Cards/Games/Socialize/Music	9:00-10:00 Coffee time 24 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Kielbasa w/Sauerkraut 12:45-1:45 Arthritis Prevention Ex.	9:00-10:00 Coffee time 25 10:00-12:00 Live Band Perform 12:00 Beef & Bean Burrito 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 26 9:45 Trivia 10:00-11:00 BINGO 12:00 Chicken Cordon Bleu 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/Music JUNE BIRTHDAY CELEBRATIONS
9:00-10:00 Coffee time 29 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Baked ziti w/Eggplant Rollatini Cards/Games/Socialize/Music	9:00-10:00 Coffee time 30 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Chicken Stew Cards/Games/Socialize/Music			



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 3:30PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting: Tuesday, June 9, 2026

Birthdays Celebration: Friday, June 26, 2026

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