

July 2026

**West Hempstead Senior 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

		<p>9:00-10:00 Coffee time 1 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Greek Salad Plate 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 2 9:30-11:30 Cornhole 12:00 Special BBQ 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>3 CENTER CLOSED INDEPENDENCE DAY (OBSERVED)</p>
<p>9:00-10:00 Coffee time 6 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Chicken Topped w/Mozzarella & Spinach Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 7 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Beef Taco Cards/Games/Socialize/Music 12:45 Body/Mind/Spirit</p>	<p>9:00-10:00 Coffee time 8 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Chicken Cordon Bleu 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 9 10:00-12:00 Live Band Perform 12:00 Swedish Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 10 9:45 Trivia 10:00-11:00 BINGO 12:00 Breaded Chicken W/Gravy 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/Music</p>
<p>9:00-10:00 Coffee time 13 10:00-11:00 Chair Yoga 11:00 Piano Lady 12:00 Breaded Fish Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 14 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Jumbo Ravioli Cards/Games/Socialize/Music 12:45 Site Council Meeting</p>	<p>9:00-10:00 Coffee time 15 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 11:00-2:00 Concert in Eisenhower Park 12:00 Chicken Picatta 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 16 9:30-11:30 Cornhole 11:00-12:00 Stroke Awareness 12:00 Sausage & Peppers 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 17 9:45 Trivia 10:00-11:00 BINGO 10:00-1:00 Trip to Lido Beach 12:00 Chicken Quinoa Bowl Club/Cards/Games/Socialize/Music JULY BIRTHDAY CELEBRATIONS</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>9:00-10:00 Coffee time 20 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Loin of Pork w/Gravy Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 21 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Sloppy Joes Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 22 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Chicken Francaize 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music.</p>	<p>9:00-10:00 Coffee time 23 10:00-12:00 Live Band Perform 12:00 Stuffed Shells 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 24 9:45 Trivia 10:00-11:00 BINGO 12:00 Chicken Sorrentino 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/Music</p>
<p>9:00-10:00 Coffee time 27 10:00-11:00 Chair Yoga 10:00-12:00 Visiting Nurse 11:00 BINGOCIZE 12:00 Potato and Egg Frittata Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 28 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Baked Penne w/Spinach & Cheese Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 29 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 11:00-2:00 Concert in Eisenhower Park 12:00 Spaghetti & Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 30 9:30-11:30 Cornhole 12:00 Roast Pork w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music</p>	<p>9:00-10:00 Coffee time 31 9:45 Trivia 10:00-11:00 BINGO 10:00-1:00 Bus Trip to Lido Beach 12:00 Chicken Parmigiana 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/Music</p>



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, July 14, 2026

Birthdays Celebration: Friday, July 17, 2026

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