

August 2026

Hempstead Senior 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

3 10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:45 Sculpture w/ Veronica 1:30 Going Home	4 Our Lido Beach Program Starts. Reservation is required! (Subject to changes) 	5 Auction Time by Site Council 10:00 Social Hour, Cards, Games, Coffee 10:45 Auction Time 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin 1:30 Going Home	6 10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin 1:30 Going Home	7 Join us for Motown Music Show 10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 1:00-2:00 Motown Music Show sponsored Howard Newman, Aetna & Home Care
10 ARTS & CRAFTS DAY 10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:45 Sculpture w/ Veronica 12:30 – 1:30 Arts & Crafts w/ Debra	11 Our Lido Beach Program Starts. Reservation is required! (Subject to changes) 	12 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin 1:30 Going Home	13 ID Photo Day by Nassau County OFA 10:00 Social Hour, Cards, Games, Coffee 10:00- 12:00 Photo ID Taking 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin 1:30 Going Home	14 NYU Langone Presentation 10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 1:00 – 2:00 "Stroke Awareness" by NYU Langone Health
17 10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:45 Sculpture w/ Veronica 1:30 Going Home	18 Our Lido Beach Program Starts. Reservation is required! (Subject to changes) 	19 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin 1:30 Going Home	20 10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 Exercise w/ Robin 1:30 Going Home	21 HAPPY BIRTHDAY! LRC GAME TIME! 10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 12:30 Birthday Celebration 1:00 – 2:00 LRC Game Time

Monday

Tuesday

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Thursday

Friday

Health Screening With Mrs. Phyllis

24

10:00 Social Hour, Cards,
Games, Coffee

**10:00 – 12:00 Health
Screening Time**

10:45 Yoga w/ Connie

11:45 Announcements

12:00 Lunch

12:45 Sculpture w/ Veronica

1:30 Going Home

Our Lido Beach Program Starts.

**Reservation is required!
(Subject to changes)**



Site Council

26

10:00 Social Hour, Cards,
Games, Coffee

10:30- 10:45 Site Council

10:45 Tai Chi w/ John

11:45 Announcements

12:00 Lunch

12:45 Exercise w/ Robin

1:30 Going Home

SHEILA'S

ARTS & CRAFTS

27

10:00 Social Hour, Cards,
Games, Coffee

10:45 Line Dancing w/ Amy

11:45 Announcements

12:00 Lunch

**12:45 Arts & Crafts w/
SHEILA**

2:00 Going Home

Catholic Health Bus Screenings

28

**9:30- 1:30 Health Screenings by
Catholic Health**

10:00 Social Hour, Cards, Games,
Coffee

10:30 Volunteer Program AHRC
Nassau

11:00 Exercise w/ Sandra

12:00 Lunch

1:00-2:00 RLC Game

End of the Summer Fair

31

10:00 Social Hour, Cards,
Games, Coffee

10:45 Yoga w/ Connie

11:45 Announcements

12:00 Lunch

**12:30 – 2:00 Join us for a fair
celebration with games,
Refreshment and Surprises!**



Every sunset is an
opportunity to reset

- Richie Norton



Concerts at EISENHOWER Park

8/5/26 Johnny Avino

8/12/26 Barbara Harris

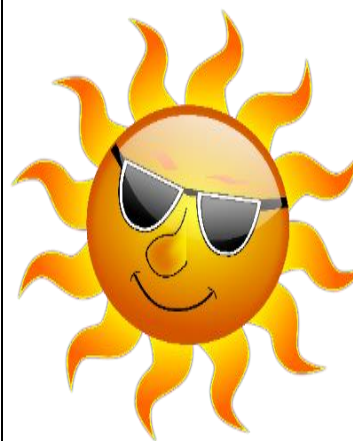
8/19/26 Sound Chaser

Band

8/26/26 Tangerine

**All events are "weather
permitting"**

**Arrangements are made
on your own**



**Wishing you the
best
years to come to all
our August
BIRTHDAYS**



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:

Garden City, Hempstead, Lakeview, Uniondale

Hours of Operation: **8:30 – 4:00**

Meals suggested contribution: **\$3:00**

Transportation suggested contribution: **\$1.00**

Exercise suggested contribution: **\$2.00**

Site Council Meeting: **8/31/26**

Birthdays Celebration: **8/21/26**

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