

August 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

9:00-10:00 Coffee time 3 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Penne a la Vodka w/Grilled chicken Cards/Games/Socialize/Music	9:00-10:00 Coffee time 4 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Chicken Cordon Bleu Cards/Games/Socialize/Music 12:45 Body/Mind/Spirit	9:00-10:00 Coffee time 5 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Greek Salad Plate w/Grilled Chicken 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 6 10:00-12:00 Live Band Perform 12:00 Swedish Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 7 9:45 Trivia 10:00-11:00 BINGO 12:00 Chicken Topped w/Mozzarella & Spinach 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/Music
9:00-10:00 Coffee time 10 10:00-11:00 Chair Yoga 11:00 Piano Lady 12:00 Chicken Bruschetta Cards/Games/Socialize/Music	99:00-10:00 Coffee time 11 10:00-11:00 Chair Yoga 10:00-11:00 Fall Prevention Program 11:00 BINGO 12:00 Beef Taco Cards/Games/Socialize/Music 12:45 Site Council Meeting	9:00-10:00 Coffee time 12 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 11:00-2:00 Concert in Eisenhower Park 12:00 Jumbo Ravioli 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 13 9:30-11:30 Cornhole 10:00-1:00 Bus Trip to Lido Beach 12:00 Breaded Fish 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 14 9:45 Trivia 10:00-11:00 BINGO 12:00 Chicken Fajitas 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/Music
9:00-10:00 Coffee time 17 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Chicken Picatta Cards/Games/Socialize/Music	9:00-10:00 Coffee time 18 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Stuffed Shells Cards/Games/Socialize/Music	9:00-10:00 Coffee time 19 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Potato and Egg Frittata 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 20 10:00-12:00 Live Band Perform 12:00 Loin of Pork w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 21 9:45 Trivia 10:00-11:00 BINGO 12:00 Pot Roast w/Gravy 1:00 Mental Health Lecture Club/Cards/Games/Socialize/Music

Monday

Tuesday

Wednesday

Thursday

Friday

24 9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 10:00-12:00 Visiting Nurse 11:00 BINGOCIZE 12:00 Three Cheese Lasagna Cards/Games/Socialize/Music	25 9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Chicken Francaise Cards/Games/Socialize/Music	26 9:00-10:00 Coffee time 10:00 Shopping – Stop N Shop 10:00-11:00 Tai-Chi 12:00 Stuffed Chicken w/Spinach and Cheese 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	27 9:00-10:00 Coffee time 9:30-11:30 Cornhole 10:00-1:00 Bus Trip to Lido Beach 12:00 Egg Salad on whole wheat bread 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	28 LUAU 9:00-10:00 Coffee time 12:00 Baked Fish 12:45 Sing-A-Long with Frank Club/Cards/Games/Socialize/Music AUGUST BIRTHDAY CELEBRATIONS
31 9:00-10:00 Coffee time 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Roast Turkey w/Gravy 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 3:00PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00

Exercise suggested contribution: \$2.00

Site Council Meeting: Tuesday, August 11, 2026

Birthdays Celebration: Friday, August 28, 2026

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.