

**September 2026**

**Hempstead Senior Community Service 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

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|                                                                                                                                                                               | <p>1</p> <p><b>Last Day of Lido Beach Program</b><br/><b>Reservation is required!</b><br/><b>(Subject to changes)</b></p>                                 | <p>2</p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:45 Tai Chi w/ John</b><br/>11:45 Announcements<br/>12:00 Lunch<br/><b>12:45 Exercise w/ Robin</b></p>  | <p>3</p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:45 Line Dancing w/ Amy</b><br/>11:45 Announcements<br/>12:00 Lunch<br/><b>12:45 Exercise w/ Robin</b></p>                                                                                                   | <p>4</p> <p><b>CORNELL</b><br/><b>National Coffee Ice Cream Day</b></p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:30 Site Council</b><br/><b>11:00 Chair Aerobics w/ Sandra</b><br/>12:00 Lunch<br/><b>12:30 Ice Cream Time!</b><br/><b>1:00 - 2:00 CORNELL "Nutrition &amp; Eye Health"</b></p>                |
| <p>7</p> <p><b>CLOSED FOR</b></p>                                                                                                                                            | <p>8</p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>11:00 Line Dancing w/ Amy</b><br/>12:00 Lunch<br/>12:30 Announcements<br/><b>1:00 Exercise w/ Sandra</b></p>                                                                    | <p>9</p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:45 Tai Chi w/ John</b><br/>11:45 Announcements<br/>12:00 Lunch<br/><b>12:45 Exercise w/ Robin</b></p>  | <p>10</p> <p><b>Comedian Time with Howard</b></p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:45 Line Dancing w/ Amy</b><br/>11:45 Announcements<br/>12:00 Lunch<br/><b>1:00 - 2:00 Comedy Time</b></p>                                                          | <p>11</p> <p><b>Celebrate Grandparent's Day</b><br/><b>Reflecting on 9/11</b></p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:30 Volunteer Program AHRC Nassau</b><br/><b>11:00 Exercise w/ Sandra</b><br/><b>11:50 9/11 Remembering</b><br/>12:00 Lunch<br/><b>1:00 - 2:00 Celebrating Grandparent's Day</b></p> |
| <p>14</p> <p><b>ARTS &amp; CRAFTS DAY</b></p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:45 Yoga w/ Connie</b><br/>11:45 Announcements<br/>12:00 Lunch<br/><b>12:45 - 2:00 Sculpture w/ Veronica</b><br/><b>12:30 Arts &amp; Crafts w/ Debra</b></p> | <p>15</p> <p><b>Let's Celebrate Hispanic Heritage</b></p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>11:00 Chorus w/ Frank</b><br/>12:00 Lunch<br/><b>12:30 - 1:00 LET'S BRING A DESSERT</b><br/><b>1:00 Exercise w/ Sheila</b></p> | <p>16</p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:45 Tai Chi w/ John</b><br/>11:45 Announcements<br/>12:00 Lunch<br/><b>12:45 Exercise w/ Robin</b></p> | <p>17</p> <p><b>Health Jeopardy by Molloy Nursing Program</b></p> <p>10:00 Coffee<br/><b>10:00 - 10:45 Health Jeopardy by Molloy Nursing Students</b><br/><b>10:45 Line Dancing w/ Amy</b><br/>11:45 Announcements<br/>12:00 Lunch<br/><b>12:45 Exercise w/ Robin</b></p> | <p>18</p> <p><b>BINGO HAPPY BIRTHDAY!</b></p> <p>10:00 Social Hour, Cards, Games, Coffee<br/><b>10:30 Volunteer Program AHRC Nassau</b><br/><b>11:00 Exercise w/ Sandra</b><br/>12:00 Lunch<br/><b>12:30 Birthday Celebration</b><br/><b>1:00 - 2:00 Bingo w/ Denise</b></p>                                               |

Monday

Tuesday

Wednesday

Thursday

Friday

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| 21 | <p>10:00 Social Hour, Cards, Games, Coffee<br/> <b>10:45 Yoga w/ Connie</b><br/> 11:45 Announcements<br/> 12:00 Lunch<br/> <b>12:45 – 2:00 Sculpture w/ Veronica</b></p>                                                                   | 22 | <p><b>Health Screening with Mrs. Phyllis</b><br/> 10:00 Social Hour, Cards, Games, Coffee<br/> <b>10:00 – 12:00 Health Screening Time</b><br/> <b>11:00 Chorus w/ Frank</b><br/> 12:00 Lunch<br/> 12:30 Announcement<br/> <b>1:00 Exercise w/ Sandra</b></p> | 23 | <p>10:00 Social Hour, Cards, Games, Coffee<br/> <b>10:45 Tai Chi w/ John</b><br/> 11:45 Announcements<br/> 12:00 Lunch<br/> <b>12:45 Exercise w/ Robin</b></p> | 24                                                                                                                                                                                                                         | <p><b>SHEILA'S ARTS &amp; CRAFTS</b><br/> 10:00 Social Hour, Cards, Games, Coffee<br/> <b>10:45 Line Dancing w/ Amy</b><br/> 11:45 Announcements<br/> 12:00 Lunch<br/> <b>12:30 Arts &amp; Crafts w/ Sheila</b></p> | 25 | <p><b>LRC Game Time</b><br/> 10:00 Social Hour, Cards, Games, Coffee<br/> <b>10:30 Volunteer Program AHRC Nassau</b><br/> <b>11:00 Exercise w/ Sandra</b><br/> 12:00 Lunch<br/> <b>1:00 LRC Game</b></p> |
| 28 | <p><b>Site Council</b><br/> 10:00 Social Hour, Cards, Games, Coffee<br/> <b>10:45 Yoga w/ Connie</b><br/> <b>10:30 – Site Council Meeting</b><br/> 11:45 Announcements<br/> 12:00 Lunch<br/> <b>12:45 – 2:00 Sculpture w/ Veronica</b></p> | 29 | <p>10:00 Social Hour, Cards, Games, Coffee<br/> <b>11:00 Chorus w/ Frank</b><br/> 12:00 Lunch<br/> 12:30 Announcement<br/> <b>1:00 Exercise w/ Sheila</b></p>                                                                                                | 30 | <p>10:00 Social Hour, Cards, Games, Coffee<br/> <b>10:45 Tai Chi w/ John</b><br/> 11:45 Announcements<br/> 12:00 Lunch<br/> <b>12:45 Exercise w/ Robin</b></p> | <p><b>FOR YOUR INFORMATION</b><br/> -September 13<br/> National Grandparent Day<br/> - September 21<br/> International Day of Peace<br/> - September 22 Falls Starts<br/> - September 21<br/> National Alzheimer's Day</p> |                                                                                                                                                                                                                     |    |                                                                                                                       |



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

**Area Served:**

**Garden City, Hempstead, Lakeview, Uniondale**

Hours of Operation: **8:30- 4:00 PM**

Meals suggested contribution: **\$3.00**

Transportation suggested contribution: **\$1.00**

Exercise suggested contribution: **\$2.00**

Site Council Meeting: **9/28/26**

Birthdays Celebration: **9/18/26**

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