

October 2026

**West Hempstead Senior Community Service 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 1 10:00-12:00 Live Band Perform 12:00 Pot Roast w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 2 9:45 Trivia 10:00-11:00 BINGO 12:00 Chicken Cordon Bleu 12:45 Sing-A-Long w/Frank Club/Cards/Games/Socialize/Music
9:00-10:00 Coffee time 5 10:00-11:00 Chair Yoga 11:00 Piano Lady 12:00 Chicken Picata Cards/Games/Socialize/Music	9:00-10:00 Coffee time 6 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Beef Taco 12:45-1:45 Body/Mind/Spirit Cards/Games/Socialize/Music	9:00-10:00 Coffee time 7 10:00 Shopping 10:00-11:00 Tai-Chi 12:00 Stuffed Shells 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 8 9:30-11:30 Cornhole 10:00 Nutrition Education 12:00 Sausage & Peppers 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 9 9:45 Trivia 10:00-11:00 BINGO 12:00 Spaghetti and Meatballs 12:45 Sing-A-Long w/Frank Cards/Games/Socialize/Music
 COLUMBUS DAY CENTER CLOSED	9:00-10:00 Coffee time 13 10:00-11:00 Chair Yoga 9:30-2:30 St. Francis Van (free flu shots) 11:00 BINGO 12:00 Chicken Parm 12:45 Site Council Cards/Games/Socialize/Music	9:00-10:00 Coffee time 14 10:00 Shopping 10:00-11:00 Tai-Chi 11:00 HIICAP (Medicare/Medicaid) 12:00 Sloppy Joes 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 15 10:00-12:00 Live Band Perform 12:00 Roast Turkey w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 16 9:45 Trivia 10:00-11:00 BINGO 12:00 Breaded Fish 12:45 Sing-A-Long w/Frank Club/Cards/Games/Socialize/Music OCTOBER BIRTHDAY CELEBRATIONS

Monday

Tuesday

Wednesday

Thursday

Friday

9:00-10:00 Coffee time 19 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Sauerbraten w/Gravy Cards/Games/Socialize/Music	9:00-10:00 Coffee time 20 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Penne ala vodka w/Grilled Chicken Cards/Games/Socialize/Music	9:00-10:00 Coffee time 21 10:00 Shopping 10:00-11:00 Tai-Chi 12:00 Chicken Topped w/Mozzarella & Spinach 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 22 9:30-11:30 Cornhole 10:30 Nutrition Education 10:30-1:30 Board games with students 12:00 Swedish Meatballs 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 23 9:45 Trivia 10:00-11:00 BINGO 12:00 Chicken Francaise 12:45 Sing-A-Long w/Frank Cards/Games/Socialize/Music
9:00-10:00 Coffee time 26 10:00-11:00 Chair Yoga 11:00 BINGOCIZE 12:00 Loin of Pork w/Gravy Cards/Games/Socialize/Music	9:00-10:00 Coffee time 27 10:00-11:00 Chair Yoga 11:00 BINGO 12:00 Jumbo Ravioli Cards/Games/Socialize/Music	9:00-10:00 Coffee time 28 10:00 Shopping 10:00-11:00 Tai-Chi 12:00 Chicken marsala 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music	9:00-10:00 Coffee time 29 10:00-12:00 Live Band Perform 12:00 Pot Roast w/Gravy 12:45-1:45 Arthritis Prevention Ex. Cards/Games/Socialize/Music 24	9:00-10:00 Coffee time 30 9:45 Trivia Halloween Party 12:00 Chili w/Beef & Beans Club/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, October 13, 2026

Birthdays Celebration: Friday, October 16, 2026

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