

October 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

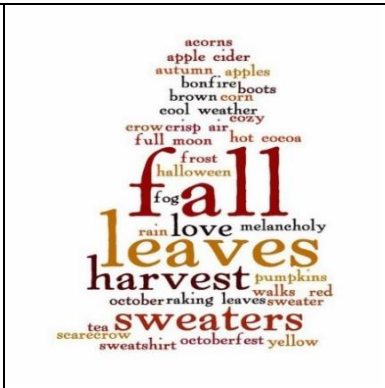
Monday

Tuesday

Wednesday

Thursday

Friday

		For Your Information 10/1 National Hair Day 10/1 National Homemade Cookies 10/5 National do Something Nice Day 10/14 National Take your Parents to Lunch Day 10/14 National Apple Day 10/26 National Pumkin Day	Molloy Nursing Program 1 10:00 Coffee 10:00 – 10:45 Health Jeopardy by Molloy Nursing Students 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45- 1:45 Exercise w/ Robin 2:00 Going Home	CORNELL 2 10:00 Social Hour, Cards, Games, Coffee 11:00 Chair Aerobics w/ Sandra 12:00 Lunch 1:00 - 2:00 CORNELL "Nutrition Facts Labels"
Trip to Walmart 5 10:00 Social Hour, Cards, Games and coffee 10:45 Yoga w Connie 11:45 Announcements 12:00 Lunch 12:30 – 2:00 Trip to Walmart	10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank 12:00 Lunch 1:00 – 2:00 Music and moving with Sheila 2:00 Going Home	10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 – 1:45 Exercise w/ Robin 2:00 Going Home	10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45- 1:45 Exercise w/ Robin 2:00 Going Home	Headwear Fashion Show 9 10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 1:00 Headwear Fashion Show 2:00 Going Home
WE ARE CLOSED 12 	10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank 12:00 Lunch 1:00 – 2:00 Music and moving with Sandra 2:00 Going Home	10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 – 1:45 Exercise w/ Robin 2:00 Going Home	Molloy Nursing Program 15 10:00 Coffee 10:00 – 10:45 Health Jeopardy by Molloy Nursing Students 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45- 1:45 Exercise w/ Robin 2:00 Going Home	HAPPY BIRTHDAY! BINGO 16 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 Bingo w/ Denise

Monday	Tuesday	Wednesday	Thursday	Friday
ARTS & CRAFTS DAY 19 10:00 Social Hour, Cards, Games and Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch 12:45- 1:45 Line Dancing w/ Amy 1:00- 2:00 Arts & Crafts OR Game with Debra from Community Mental Health Promotion and Support	20 10:00 Social Hour, Cards, Games, Coffee 11:00 Chorus w/ Frank 12:00 Lunch 1:00 – 2:00 Music and moving with Sheila 2:00 Going Home	Health Screening with Mrs. Phyllis 21 10:00 Social Hour, Cards, Games, Coffee 10:00 – 12:00 Health Screening Time 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 – 1:45 Exercise w/ Robin 2:00 Going Home	BREAKFAST DAY 22 (Make your Reservation) 10:00 Social Hour, Cards, Games, Coffee 10:00 Breakfast 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45- 1:45 Exercise w/ Robin 2:00 Going Home	Trip to Rottkamp Farm 23 LRC GAME 10:00 Social Hour, Cards, Games, Coffee 10:15- 12:30 Rottkamp Farm 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 12:00 Lunch 1:00 – 2:00 LRC Game
26 10:00 Social Hour, Cards, Games and coffee 10:45 Yoga w Connie 11:45 Announcements 12:00 Lunch 12:30 – 1:45 Line Dancing with Amy 2:00 Going Home	SITE COUNCIL 27 10:00 Social Hour, Cards, Games, Coffee 10:30 SITE COUNCIL 11:00 Chorus w/ Frank 12:00 Lunch 1:00 – 2:00 Music and moving with Sandra 2:00 Going Home	28 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:45 – 1:45 Exercise w/ Robin 2:00 Going Home	SHEILA'S ARTS & CRAFTS 29 10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Amy 11:45 Announcements 12:00 Lunch 12:45 2:00 Arts & Crafts w/ SHEILA	Sit back, Relax and Enjoy 30 10:00 Social Hour, Cards, Games, Coffee 10:30 Volunteer Program AHRC Nassau 11:00 Exercise w/ Sandra 11:30 Lunch 12:00 – 2:00 MovieTime



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: **9/27/26**

Birthdays Celebration: **9/16/26**

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