# *November 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 |
|---|---|---|---|---|
| **2**<br>9:00-10:00 Coffee time<br>10:00-11:00 Chair Yoga<br>10:00 Chat & Create<br>12:00 Pot Roast w/Gravy<br>12:45 Chair Zumba (VIDEO)<br>Cards/Games/Socialize/Music | **3**<br>9:00-10:00 Coffee time<br>10:00-11:00 Chair Yoga<br>11:00 BINGO<br>12:00 Veggie Burger<br>12:45-1:45 Body/Mind/Spirit<br>Cards/Games/Socialize/Music | **4**<br>9:00-10:00 Coffee time<br>10:00 Shopping<br>10:00-11:00 Tai-Chi<br>12:00 Stuffed Shells<br>12:45-1:45 Arthritis Prevention Ex.<br>Cards/Games/Socialize/Music | **5**<br>9:00-10:00 Coffee time<br>9:30-11:30 Cornhole<br>10:30 Nutrition Education<br>12:00 Sausage & Peppers Hero<br>12:45-1:45 Arthritis Prevention Ex.<br>Cards/Games/Socialize/Music | **6**<br>9:00-10:00 Coffee time<br>9:45 Trivia<br>10:00-11:00 BINGO<br>12:00 Chicken Picatta<br>12:45 Sing-A-Long w/Frank<br>Cards/Games/Socialize/Music |
| **9**<br>9:00-10:00 Coffee time<br>10:00-11:00 Chair Yoga<br>11:00 Piano Lady<br>12:00 Breaded Fish<br>12:45 Chair Zumba (VIDEO<br>Cards/Games/Socialize/Music | **10**<br>9:00-10:00 Coffee time<br>10:00-11:00 Chair Yoga<br>11:00 BINGO<br>12:00 Beef Taco<br>Cards/Games/Socialize/Music<br>12:45 Site Council Meeting | **11**<br>9:00-10:00 Coffee time<br>10:00 Shopping<br>10:00-11:00 Tai-Chi<br>12:00 Chicken Francese<br>12:45-1:45 Arthritis Prevention Ex.<br>Cards/Games/Socialize/Music | **12**<br>9:00-10:00 Coffee time<br>10:00-12:00 Live Band Perform<br>12:00 Jumbo Ravioli<br>12:45-1:45 Arthritis Prevention Ex.<br>Cards/Games/Socialize/Music | **13**<br>TRIP TO RESTAURANT<br>RESERVATION REQUIRED<br>CENTER CLOSED |
| **16**<br>9:00-10:00 Coffee time<br>10:00-11:00 Chair Yoga<br>11:00 BINGOCIZE<br>11:00 Nutrition Education<br>12:00 Chicken Francaise<br>Cards/Games/Socialize/Music | **17**<br>9:00-10:00 Coffee time<br>10:00-11:00 Chair Yoga<br>11:00 BINGO<br>12:00 Frittata w/Spinach, Potatoes and Cheese<br>Cards/Games/Socialize/Music | **18**<br>9:00-10:00 Coffee time<br>10:00 Shopping<br>10:00-11:00 Tai-Chi<br>12:00 Chicken Topped w/Mozzerella & Spinach<br>12:45-1:45 Arthritis Prevention Ex.<br>Cards/Games/Socialize/Music | **19**<br>9:00-10:00 Coffee time<br>9:30-11:30 Cornhole<br>12:00 Loin of Pork<br>12:45-1:45 Arthritis Prevention Ex.<br>Cards/Games/Socialize/Music | **20**<br>9:00-10:00 Coffee time<br>9:45 Trivia<br>10:30 BINGO<br>12:00 Meatloaf w/Gravy<br>12:45 Sing-A-Long w/Frank<br>Cards/Games/Socialize/Music<br>NOVEM ER BIRTHDAY CELEBRATIONS |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **23**<br>**TRIP TO ST. BRIGID'S**<br>**RESERVATION REQUIRED** | **24**<br>**9:00-10:00 Coffee time**<br>**11:00 BINGO**<br>**12:00 Sloppy Joes**<br>**Cards/Games/Socialize/Music** | **25**<br>**9:00-10:00 Coffee time**<br>**10:00 Shopping**<br>**10:00-11:00 Tai-Chi**<br>**12:00 3 Cheese Lasagna Roll-up**<br>**12:45-1:45 Arthritis Prevention Ex.**<br>**Cards/Games/Socialize/Music** | **26**<br>**CENTER CLOSED**<br>**THANKSGIVING**<br> | **27**<br>**CENTER CLOSED**<br>**DAY AFTER THANKSGIVING** |
| **30**<br>**9:00-10:00 Coffee time**<br>**10:00-11:00 Chair Yoga**<br>**10:00-12:OO Visiting Nurse**<br>**11:00 BINGOCIZE**<br>**12:00 Chicken w/Tomato & Basil Sauce**<br>**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, NOVEMBER 10, 2026

Birthdays Celebration: FRIDAY, NOVEMBER 20, 2026

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