

**May 2024**

**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

 <p><b>Happy Mother's Day</b></p> <p><b>To all our Senior Center Mothers</b></p>	<p><b>May is the national month for Teachers &amp; Nurses. Hempstead Senior Center salutes all those who with caring and passion fulfilled those fields.</b></p>	<p>1</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga with Robin</b> 2:00 Going Home</p>	<p>2</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home</p>	<p>3</p>  <p>10:00 Social Hour, Cards, Games, Coffee <b>11:30 – 2:00 Trip to the 5 De Mayo Steakhouse Restaurant</b> 12:00 Going Home</p>
<p>6</p> <p><b>Learning Spanish</b> 10:00 Social Hour, Cards, Games and Coffee <b>10:45 Yoga W/ Connie</b> 11:45 Announcement 12:00 Lunch <b>12:30 – 2 Sculpture w/ Veronica</b> <b>1:15 Learning Spanish w/ Olga</b></p>	<p>7</p> <p><b>Union Baptist Church Senior Connect With HSCSC Seniors</b> 10:00 Social Hour, Cards, Games and Coffee <b>11:00 Chorus w/ Frank</b> 12:00 Lunch <b>1:00 – 2:00 Music and moving w/ Lloyd</b> 2:00 Going Home</p>	<p>8</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga with Robin</b> 2:00 Going Home</p>	<p>9</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home</p>	<p>10</p> <p><b>It's Time to Dress up! Celebrating Mother's Day With Port Washington SCSC</b> 10:00 Social Hour, Cards, Games, Coffee <b>10:30 Special by our HSCS Seniors</b> <b>11:00 Exercise w/ Sandra</b> 12:00 Lunch <b>12:30 – 2 Celebrating Mother's Day with DJ, refreshments with Port Washington SCSC</b></p>
<p>13</p> <p><b>ARTS &amp; CRAFTS</b> 10:00 Social Hour, Cards, Games and Coffee <b>10:45 Yoga w/ Connie</b> 11:45 Announcements 12:00 Lunch <b>12:30 – 2 Sculpture w/ Veronica</b> <b>1:00 Arts &amp; Crafts OR Game with Debra from NH Project Hope</b></p>	<p>14</p> <p><b>Spring Concert In North Merrick SCSC</b>  10:00 Social Hour, Cards, Games, Coffee <b>11:00 Concert w/ Frank in North Merrick SCSC</b> 12:00 Lunch 2:00 Going Home</p>	<p>15</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga with Robin</b> 2:00 Going Home</p>	<p>16</p> <p>10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home</p>	<p>17</p> <p><b>HAPPY BIRTHDAY! BINGO</b>  10:00 Social Hour, Cards, Games, Coffee <b>10:30 Volunteer Program AHRC Nassau</b> <b>11:00 Exercise w/ Sandra</b> 12:00 Lunch <b>12:30 Birthday Celebration 100- 2 Bingo w/ Denise by Lynbrook Restorative Therapy</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sculpture Exposition</b> 20 10:00 Social Hour, Cards, Games and Coffee <b>10:45 Yoga W/ Connie</b> 11:45 Announcement 12:00 Lunch <b>12:30 – 2:00 Sculpture Exposition and Refreshments with Veronica Smith and Hempstead Seniors Center seniors</b>	<b>Learning Sudoku</b> 21 10:00 Social Hour, Cards, Games and Coffee <b>10:15 Learning Sudoku w/ Winsome</b> <b>11:00 Chorus w/ Frank</b> 12:00 Lunch <b>1:00 – 2:00 Music and moving w/ Lloyd</b> 2:00 Going Home	22 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> 11:45 Announcements 12:00 Lunch <b>12:45 Yoga with Robin</b> 2:00 Going Home	23 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home	<b>CORNELL</b> 24 <b>And Learning Spanish</b> 10:00 Social Hour, Cards, Games, Coffee <b>10:30 Volunteer Program AHRC Nassau</b> <b>11:00 Exercise w/ Sandra</b> 12:00 Lunch <b>12:45- 1:30 CORNELL “Nutrition for Strong Bones.”</b> <b>1:30 Learning Spanish</b>
27 <b>CLOSED FOR MEMORIAL DAY</b> 	<b>SITE COUNCIL</b> 28 10:00 Social Hour, Cards, Games, Coffee <b>10:30- 11 Site Council</b> <b>11:00 Chorus w/ Frank</b> 12:00 Lunch <b>1:00 – 2:00 Music and moving w/ Lloyd</b> 2:00 Going Home	<b>Harmony Healthcare Long Island</b> 29 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Tai Chi w/ John</b> <b>11:45 Announcements</b> 12:00 Lunch <b>12:45 Yoga with Robin</b> <b>1:00 – 2pm HHLI Presentation on “Medication Management”</b>	30 10:00 Social Hour, Cards, Games, Coffee <b>10:45 Exercise with LLOYD</b> 11:45 Announcements 12:00 Lunch <b>12:45 Exercise with Dominic</b> 2:00 Going Home	<b>Be ready to laugh. A Comedian will be in The House!!</b> 31 10:00 Social Hour, Cards, Games, Coffee <b>10:30 Volunteer Program AHRC Nassau</b> <b>11:00 Exercise w/ Sandra</b> 12:00 Lunch <b>1:00 – 2:00 Comedian Mr. Howard Newman/ Presentation sponsored by JZANUS Home Care.INC</b>



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

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

Meals suggested contribution: **\$3.00**

Transportation suggested contribution: **\$1.00**

Exercise suggested contribution: **\$2.00**

Site Council Meeting: **5/28**

Birthdays Celebration: **5/17**

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