



Town of Hempstead

Elmont

Senior Center

138 Elmont Road  
Elmont, NY 11003

(516) 354-4777  
Dan Erfan, Director

January  
2017

Activities Resume January 9<sup>th</sup>

## Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PROGRAM</b>		Food Shopping at Cherry Valley Marketplace 10:30 am – 11:30 am	Arts & Crafts 10 am – 12 pm	Painting 2 <sup>nd</sup> , 3 <sup>rd</sup> , and 4 <sup>th</sup> Friday Of the Month 10 am – 12 pm
<b>DAY</b>	Strength Training 1 pm – 2 pm	Tai Chi 11 am – 12 pm	Lunch 12 pm	Exercise 10:30 am – 11:30 am
		Lunch 12 pm	Bingo 1 pm – 3 pm	Pizza 12 pm
		Zumba 1 pm – 2 pm	Macramé 1 pm – 3 pm	Bingo 1 pm – 3 pm

## Special Events

Monday, Jan. 2 <sup>nd</sup>	New Year's Day Observed - <b>CENTER CLOSED</b>
Thursday, Jan. 5 <sup>th</sup>	10 am – 12 pm, Blood Pressure Screening 12:30 pm, Musical Entertainment by Everett Greenberg
Monday, Jan. 9 <sup>th</sup>	12:15 pm, Presentation by AgeWell NY 12:30 pm, Birthday/Anniversary Party
Tuesday, Jan. 10 <sup>th</sup>	11 am – 2 pm, Bus Trip to Green Acres Mall
Thursday, Jan. 12 <sup>th</sup>	10 am, Executive Board Meeting 11 am, General Membership Meeting
Monday, Jan. 16 <sup>th</sup>	Martin Luther King, Jr. Day - <b>CENTER CLOSED</b>
Tuesday, Jan. 17 <sup>th</sup>	11 am – 2 pm, Bus Trip to Dollar Tree
Thursday, Jan. 26 <sup>th</sup>	12:30 pm – 2:30 pm, Senior ID Program

# Lunch Menu

Subject to Change  
Please sign up one week in advance  
To cancel, call (516) 354-4777

Monday	Wednesday	Thursday
2 Center Closed	4 Chicken Patties	5 Fish Platter
9 Soup & Sandwich	11 Seafood Platter	12 Spaghetti & Meatballs
16 Center Closed	18 Pasta with Clam Sauce	19 Hot Dogs & Beans
23 Meatloaf Plate	25 Soup & Sandwich	26 Baked Chicken
30 Sausage & Peppers		

Bus Transportation is available to the Center  
Sign-up in advance is required  
To cancel a bus reservation, call (516) 565-0863

For Information and Referral  
Call NY Connects at (516) 227-8900

Contact the Town of Hempstead  
Department of Senior Enrichment at (516) 485-8100

## Town of Hempstead

Anthony J. Santino  
Supervisor

### Council Members

DOROTHY L. GOOSBY  
EDWARD A. AMBROSINO  
ERIN KING SWEENEY

GARY HUDES  
BRUCE A. BLAKEMAN  
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Town Clerk  
NASRIN G. AHMAD

Receiver of Taxes  
DONALD X. CLAVIN, JR.