



Town of Hempstead  
Oceanside Senior  
Center

2900 Rockaway Avenue  
Oceanside, NY 11572  
(516) 766-8888

January  
2017

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

**Activity Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Arts &amp; Crafts 10 am – 12 pm</p> <p>Lunch 12 pm</p> <p>Bingo 1 pm – 2:30 pm</p>	<p>Strength Training 10:30 am – 11:30 am</p> <p>EASEL Art Program 12:45 pm – 4:30 pm</p> <p>Food Shopping at Best Market 1 pm – 2 pm</p> <p>Jewelry Making 1 pm – 3 pm</p>	<p><b>PROGRAM</b></p> <p><b>DAY</b></p> <p>Lunch 12 pm</p>	<p>Showtime Practice 11:30 pm – 1:30 pm</p> <p>Lunch 12 pm</p> <p>Food Shopping at Stop &amp; Shop 1 pm – 2 pm</p> <p>Exercise 1 pm – 2 pm</p>	<p>Line Dancing 10 am – 12 pm</p>

**Special Events**

- Monday, Jan. 2<sup>nd</sup>** New Year's Day Observed - **CENTER CLOSED**
- Wednesday, Jan. 4<sup>th</sup>** 10:30 am, Executive Board Meeting  
1 pm, General Membership Meeting
- Wednesday, Jan. 11<sup>th</sup>** 12 pm – 3 pm, New Year's Party. Ticket Required.
- Monday, Jan. 16<sup>th</sup>** Martin Luther King, Jr. Day - **CENTER CLOSED**
- Monday, Jan. 23<sup>rd</sup>** 10 am – 12 pm, Blood Pressure Screening  
12:30 pm, Presentation by the Long Island Crisis Center
- Wednesday, Jan. 25<sup>th</sup>** 12:30 pm – 2:30 pm, Birthday/Anniversary Party

# Lunch Menu

Subject to Change  
Please sign up one week in advance  
To cancel, call (516) 766-8888

<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>2</b> Center Closed	<b>4</b> Pizza	<b>5</b> Soup & Sandwich
<b>9</b> Roast Chicken with Potatoes & Vegetables	<b>11</b> New Year's Party	<b>12</b> Hamburger Platter
<b>16</b> Center Closed	<b>18</b> Chinese	<b>19</b> Pea Soup & Sandwich
<b>23</b> Hot Turkey Sandwich with Stuffing & Vegetables	<b>25</b> Birthday/Anniversary Party	<b>26</b> Potatoes & Egg Omelet with Salad
<b>30</b> Hot Roast Beef Sandwich with Potatoes & Vegetables		

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  
ANTHONY D'ESPOSITO

**Town Clerk**  
NASRIN G. AHMAD

**Receiver of Taxes**  
DONALD X. CLAVIN, JR.