



Town of Hempstead  
 Rosa Parks  
 Senior Center  
 2 Babylon Turnpike  
 Roosevelt, NY 11575  
 (516) 867-1612  
 Vivian Carpenter, Director

# January 2017

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

## Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 12 pm  Current Events 1 pm – 3 pm	Zumba 11 am – 12 pm  Let's Talk 1 pm – 2 pm	Strength Training 10:30 am – 11:30 am  Lunch 12 pm  Healthy Lifestyles 1 pm – 3 pm	<b>PROGRAM DAY</b>  Arts & Crafts 1 pm – 3 pm	Aerobics 10:30 am – 11:30 am  Lunch 12 pm  Food Shopping at Shop Rite 1 pm – 2 pm

## Special Events

Monday, Jan. 2 <sup>nd</sup>	New Year's Day Observed - <b>CENTER CLOSED</b>
Thursday, Jan. 5 <sup>th</sup>	1 pm, Round Table Meeting
Monday, Jan. 9 <sup>th</sup>	3 pm – 4 pm, Knitting Club Meeting
Thursday, Jan. 12 <sup>th</sup>	1 pm – 2:30 pm, Bingo
Monday, Jan. 16 <sup>th</sup>	Martin Luther King, Jr. Day - <b>CENTER CLOSED</b>
Wednesday, Jan. 18 <sup>th</sup>	10 am – 12 pm, Blood Pressure Screening
Thursday, Jan. 19 <sup>th</sup>	12:30 pm – 2:30 pm, Birthday/Anniversary Party
Friday, Jan. 20 <sup>th</sup>	11 am, Bus to Hempstead Senior Center for Lunch & Presentation by Elderplan Homefirst
Thursday, Jan. 26 <sup>th</sup>	1 pm – 2:30 pm, Game Day

# Lunch Menu

Subject to Change  
Please sign up one week in advance  
To cancel, call (516) 867-1612

Monday	Wednesday	Friday
2 Center Closed	4 Chili	6 Salmon Cakes
9 Soup & Sandwich	11 BLT	13 Meatloaf
16 Center Closed	18 Spaghetti with Meat Sauce	20 Baked Pork Chops
23 Soup & Sandwich	25 Baked Chicken	27 Battered Fish
30 Soup & Sandwich		

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.