



Town of Hempstead
Senior Center

460 Salisbury Park Drive
Westbury, NY 11590
(516) 333-5440

Helen Palagonia, Director

January 2017

Activities Resume January 9th

Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 10 am – 12 pm	Bowling 9 am – 11 am	Showtime Practice 10 am – 12 pm	PROGRAM DAY	Healthy Lifestyles 10 am – 12 pm
Line Dancing 10 am – 12 pm	Lunch 12 pm	Food Shopping at Best Market 10 am – 11 am		Food Shopping at Stop & Shop 10 am – 12 pm
Food Shopping at Shop Rite 12:45 pm – 1:45 pm	Aerobics 1 pm – 2 pm	Lunch 12 pm		Lunch 12 pm
Arts & Crafts 1 pm – 3 pm	Zumba 1 pm – 2 pm	Strength Training 1:45 pm – 2:45 pm		Macramé 1 pm – 3 pm
	Painting 1 pm – 3 pm			Bingo 1 pm – 3 pm

Special Events

- Monday, Jan. 2nd** New Year's Day Observed - **CENTER CLOSED**
- Thursday, Jan. 5th** 11 am, Executive Board Meeting
1 pm, General Membership Meeting
- Thursday, Jan. 12th** 12:15 pm, Presentation by Elderplan Homefirst
12:30 pm – 2:30 pm, Birthday/Anniversary Party
- Monday, Jan. 16th** Martin Luther King, Jr. Day - **CENTER CLOSED**

Lunch Menu

Subject to Change
Please sign up one week in advance
To cancel, call (516) 333-5440

Tuesday

Wednesday

Friday

3 Baked Chicken Dinner	4 Spinach Quiche	6 Soup & Egg Salad Sandwich
10 Meatloaf	11 Sausage & Pepper Hero	13 Soup & Grilled Cheese Sandwich
17 Chicken Chow Mein	18 Spaghetti & Meatballs	20 Pizza
24 Beef Goulash	25 Ravioli	27 Soup with Hot Dogs & Beans
31 Baked Ziti		

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.