



Town of Hempstead
 Uniondale~Hempstead
 Senior Center

840 Uniondale Avenue
 Uniondale, NY 11553
 (516) 292-1313
 Katie Baker, Director

January 2017

Activities Resume January 9th

Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Food Shopping at Shop Rite 10 am – 11 am Showtime Practice 11 am – 12 pm Wood Carving 1 pm – 3 pm	Aerobics 10:30 am – 11:30 am Lunch 12 pm Arts & Crafts 1 pm – 3 pm	Painting 10 am – 12 pm Lunch 12 pm Strength Training 1 pm – 2 pm	Zumba 10:30 am – 11:30 am Lunch 12 pm	Food Shopping at Shop Rite 10 am – 11 am Tai Chi 10:30 am – 11:30 am Line Dancing 12:30 pm – 2:30 pm

Special Events

Monday, Jan. 2 nd	New Year's Day Observed - CENTER CLOSED
Wednesday, Jan. 4 th	12:30 pm – 2:30 pm, Birthday/Anniversary Party
Wednesday, Jan. 11 th	11 am – 2 pm, Bus Trip to Wantagh Inn
Friday, Jan. 13 th	11 am – 2 pm, Bus Trip to Uniondale Library
Monday, Jan. 16 th	Martin Luther King, Jr. Day - CENTER CLOSED
Wednesday, Jan. 18 th	10:30 am, Executive Board Meeting 1 pm – 3 pm, Blood Pressure Screening 2 pm, General Membership Meeting
Friday, Jan. 20 th	11:30 am, Bus to Hempstead Senior Center for Lunch & Presentation by Elderplan Homefirst
Wednesday, Jan. 25 th	12 pm, Bus to GLO Program at Levittown Senior Center

In January, the Center will host a **Fire Prevention Presentation** courtesy of the Uniondale Fire Department. Please call (516) 292-1313 for more information.

Lunch Menu

Subject to Change
Please sign up one week in advance
To cancel, call (516) 292-1313

Tuesday

Wednesday

Thursday

3 Baked Chicken	4 Meatloaf	5 Fish
10 Soup & Rolls	11 Tacos & Salad	12 Tuna Macaroni Salad
17 Soup & Sandwich	18 Turkey Burgers	19 Salmon Burgers
24 Hamburgers	25 Beef Stew	26 Vegetable Lasagna
31 Pizza		

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

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EDWARD A. AMBROSINO
ERIN KING SWEENEY

GARY HUDES
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NASRIN G. AHMAD

Receiver of Taxes
DONALD X. CLAVIN, JR.