

# TOWN OF HEMPSTEAD Senior Resource Directory

Town of Hempstead  
One Washington Street  
Hempstead, NY 11550

PRESORT STD  
U.S. POSTAGE  
**PAID**  
Garden City  
Zip Code 11530  
Permit 391



Supervisor  
**Kate  
Murray**



Councilman  
**Edward A.  
Ambrosino**

Johanna Scarlata, Commissioner  
Department of Senior Enrichment

Supervisor **Kate Murray** & Councilman **Edward A. Ambrosino** present your guide to **Senior Services & Programs**

Hempstead Town's 16 senior centers and 100 senior clubs offer a variety of social, recreational and educational opportunities for senior residents age 60 and older. Membership is free of charge. For more information on any senior service or program provided by Hempstead Town, call the Department of Senior Enrichment at (516) 485-8100 or visit our website at [www.TOH.LI](http://www.TOH.LI).

**CREATIVE WRITING WORKSHOP:** In this 16-week workshop, individuals who wish to fulfill a lifelong desire to write are inspired to create short stories, poems and prose, and share their writings with the community at the workshop's conclusion. Meets Wednesdays at 1 PM at the Merrick Senior Center (868-4777).

**EASEL (Experienced Art Students Enrichment League):** A weekly forum for seniors to paint and work with fellow artists. Participants also attend field trips and put their work on display. Meets Tuesdays at 1 PM at the Oceanside Senior Center (766-8888).

**GLO (Golden Learning Opportunities) Program:** An enriching program that helps enhance intellectual and artistic horizons. Meets monthly at various senior centers throughout the year. Call 485-8100 for information regarding dates and locations.

**HEALTH SERVICES:** Periodic blood pressure and podiatry screenings are available at senior centers. An annual health and wellness fair each June offers an array of free preventive health care services and information.

**INFORMATION & REFERRAL:** I & R is a vital link between seniors and cooperating agencies. Staff members offer assistance with specific senior-related problems (housing, health needs, assisted living, Medicare/Medicaid health information, etc.).

**POOLS, PARKS AND RECREATION:** Hempstead Town seniors receive discounts at many town pools, parks, beaches and other recreational facilities and programs. The town also provides fitness programs, adventure tours, free concerts and more at town facilities. Call the

Department of Parks & Recreation at (516) 292-9000 for information.

**SENIOR CARE:** Recreational and socialization programs in small group settings are offered to seniors with special needs.

**SENIOR SUMMER BEACH PROGRAM:** This heralded 10-week summer recreation program runs weekdays at Lido Beach Town Park. There is something for everyone, including arts and crafts, dancing, live entertainment, movies, bocce ball, shuffleboard, water aerobics and more. Transportation to Lido Beach or free parking is provided to participants.

**SUPPORT GROUPS:** The Bereavement Support Group provides an opportunity for those who have lost a spouse, family member or close friend to share their grief and feelings of loneliness. Meets twice a month on Thursdays at the Merrick and Green Acres Senior Centers. The Caregivers Support Group provides coping strategies, peer support and resources for those caring for a spouse, parent or friend. Meets monthly on Wednesdays at the Merrick Senior Center. Call 485-8100 for dates and times.

**TRANSPORTATION:** Mini-buses provide seniors with transportation between their homes and senior centers. Additional transportation services are provided at senior centers for shopping and other activities.

**VIAL OF LIFE:** The Vial of Life provides emergency service personnel with easy access to vital personal and medical information. The Vial of Life container is kept inside the participant's refrigerator, and a decal alerts emergency personnel to the resident's participation in the program.

**VITA (Volunteer Income Tax Assistance) program:** The Department of Senior Enrichment, in conjunction with the IRS, trains volunteer tax preparers who provide free income tax return preparation assistance to seniors and residents with limited income. VITA volunteers are assigned to senior centers and local libraries during the tax filing season.

### Visit A Senior Center Near You!

**Baldwin Senior Center**  
1810 N. Grand Avenue  
Baldwin, NY 11510  
(516) 546-7110

**Bellmore Senior Center**  
2000 Bellmore Avenue  
Bellmore, NY 11710  
(516) 221-9696

**Cedarhurst Senior Center**  
Village Hall  
200 Cedarhurst Avenue  
Cedarhurst, NY 11516  
(516) 295-1177

**East Meadow Senior Center**  
1485 Front Street  
East Meadow, NY 11554  
(516) 794-2458

**Elmont Senior Center**  
138 Elmont Road  
Elmont, NY 11003  
(516) 354-4777

**Franklin Square Senior Center**  
1182 Martha Place  
Franklin Square, NY 11010  
(516) 328-3010

**Green Acres Senior Center**  
400 Flower Road  
Valley Stream, NY 11581  
(516) 872-8810

**Hempstead Senior Center**  
260 Clinton Street  
Hempstead, NY 11550  
(516) 489-8500, x135

**Levittown Senior Center**  
555 N. Newbridge Road  
Levittown, NY 11756  
(516) 433-5454

**Merrick Senior Center**  
Merrick Road Park  
2550 Clubhouse Road  
Merrick, NY 11566  
(516) 868-4777

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

**Rosa Parks Senior Center**  
2 Babylon Turnpike  
Roosevelt, NY 11575  
(516) 867-1612

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

**Uniondale-Hempstead Senior Center**  
840 Uniondale Avenue  
Uniondale, NY 11553  
(516) 292-1313

**Uniondale-Merrick Senior Center**  
750 Jerusalem Avenue  
Uniondale, NY 11553  
(516) 538-5050

**Wantagh Senior Center**  
1150 Seamans Neck Road  
Wantagh, NY 11793  
(516) 785-8505