

May 2024

Westbury Senior Center
360 Post Avenue, Nassau, Westbury, NY, 11590
(516) 334-5886



Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1</p> <p>10:30 Special Friends 10:30 Business Mtg. 1:00 Writing Club 1:00 <u>Nutrition for Strong Bones</u> presented by: Cooperative Extension</p> <p>CHICKEN MARSALA</p>	<p>2</p> <p>9:30 Salsa Dancing 10:00 Knitting 10:00 Drawing 10:30 Harmonaires 10:30 Let's Chat 10:45 Rhythm & Movement 11:00 Painting 1:00 Zumba 2:15 Move with Balance 2:15 Meditation</p> <p>VEGETABLE LASAGNA</p>	<p>3</p> <p>9:30 Tai Chi 10:45 Chair Pilates 1:00 Zumba</p> <p>MEATLOAF</p>
<p>6</p> <p>9:30 Silver Sneakers 10:30 Bocce 10:45 Mad Hatter Scattergories 1:00 Working with Computer</p> <p>STUFFED SHELLS</p>	<p>7</p> <p>10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga</p> <p>SWEDISH MEATBALLS</p>	<p>8</p> <p>10:30 Special Friends 1:00 Writing Club 2:15 Anti – Aging Mobility</p> <p>PORK LOIN</p>	<p>9</p> <p>CLASSES SAME AS ABOVE</p> <p>CHICKEN PARMIGIANA</p>	<p>10</p> <p>9:30 Tai Chi 10:45 Chair Pilates 1:00 Zumba</p> <p>POT ROAST</p>
<p>13</p> <p>9:30 Silver Sneakers 10:30 Bocce 10:45 Mad Hatter Scattergories 11:00 Red Hat Mtg. 12:00 Mother's Day Luncheon 1:00 Working with Computer</p> <p>EGG & CHEESE FRITTATA</p>	<p>14</p> <p>10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga</p> <p>CHICKEN MARSALA</p>	<p>15</p> <p>10:30 Special Friends 1:00 Writing Club 1:00 Bingo with Gloria presented by Oak Street Health</p> <p>SAUSAGE & PEPPERS</p>	<p>16</p> <p>CLASSES SAME AS ABOVE</p> <p>BREADED FISH</p>	<p>17</p> <p>9:30 Tai Chi 10:45 Chair Pilates (canceled) 1:00 Zumba</p> <p>JUMBO RAVIOLI</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<div>20</div> <div>9:30 Silver Sneakers 10:00 BOD Mtg. 10:30 Bocce 10:45 Mad Hatter Scattergories 1:00 Working with Computer</div> <div>BREADED CHICKEN CUTLET</div>	<div>21</div> <div>10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 1:00 Pat's Bingo Party 2:15 Yoga</div> <div>BEEF & BROCCOLI</div>	<div>22</div> <div>10:30 Special Friends 1:00 Writing Club 1:00 MEMBERS ART SHOW 2:15 Anti – Aging Mobility</div> <div>HAMBURGER</div>	<div>23</div> <div>CLASSES SAME AS ABOVE</div> <div>BREADED FISH</div>	<div>24</div> <div>9:30 Tai Chi 10:45 Chair Pilates 1:00 Zumba</div> <div>7 pm- 9 pm BINGO NIGHT</div> <div>STUFFED SHELLS</div>
<div>27</div> <div>CLOSED IN OBSERVANCE MEMORIAL DAY</div>	<div>28</div> <div>10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga</div> <div>GRILLED CHICKEN</div>	<div>29</div> <div>10:30 Special Friends 11:30 Celebration Day 12:00 Omega Psy Phi Fraternity Luncheon (please sign up at desk) Deadline for sign up 5/22 1:00 Entertainer George Bisselli</div> <div>FRATERNITY LUNCHEON</div>	<div>30</div> <div>CLASSES SAME AS ABOVE</div> <div>STUFFED PEPPERS</div>	<div>31</div> <div>9:30 Tai Chi 10:45 Chair Pilates 1:00 Zumba</div> <div>VEGGIE BURGER</div>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30 AM – 3:30 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1 EACH WAY

Exercise suggested contribution: \$1:00 TO \$2:00

Site Council Meeting: Wednesday May 1st

Birthdays Celebration: Wednesday May 29th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.
PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.