

# LUNCH MENU & CALENDAR – MAY 2019 Westbury Senior Center

\*Classes sponsored by NCDOH, OFA, NY SOFA & U.S. ADMIN ON AGING

\*\*Classes sponsored by Donohue – Cecere Funeral Directors

\*\*\*Classes sponsored by Heightened Security, Inc.

\*\*\*\*Classes sponsored by Nassau County Medical Center

DIRECTOR: MAUREEN DROGE

ASSISTANT DIRECTOR: ANDREA PADINHA

PLEASE CALL THE DAY BEFORE BY 11 AM TO MAKE YOUR RESERVATION

CENTER PHONE # 334-5886

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:30 Special Friends 1 <u>ACES</u> 9:30 Reflection Writing 10:30 <u>General Meeting</u> 1:00 <u>Better Your Balance And Prevent Falls Using Household Items</u> Presented by: Sangeeta Ahuja EGG FRITTATA OR SEAFOOD SALAD SANDWICH	10:00 Knitting 2 10:30 Harmonaires <u>ACES</u> 9:30 Silver Foxes “A” 10:00 Painting (downstairs) 10:30 Silver Foxes “B” 1:00 Tai Chi / 1:00 Canasta POT ROAST OR EGG SALAD OR EGG SALAD SANDWICH	<u>ACES</u> 10:30 Qi Gong 3 1:00 Open Bridge 1:00 Jewelry Making 2:00 Wii Games  BEEF & BEAN CHILI OR CHICKEN SALAD SANDWICH
10:30 Special Friends 6 1:00 Bowling @ Garden City Bowl <u>ACES</u> 10:30 Line Dancing 1:00 Strength w/ Samantha*** 1:00 <u>Exercise For Your Health</u> presented by: Lesly Augustin 1:00 Pinochle CHICKEN FAJITAS OR SEAFOOD SALAD SANDWICH	9:30 Wise Workouts - DVD 7 10:00 Sculpture (downstairs) 10:30 Wise Workouts* 1:00 Yoga 1:00 Mah Jongg 1:00 Ten Pennies/ Scrabble 2:15 Move & Balance** RAVIOLI WITH MARINARA SAUCE OR CHICKEN SALAD SANDWICH	10:30 Special Friends 8 <u>ACES</u> 9:30 Reflection Writing 10:30 <u>Food Safety</u> presented by: Cooperative Ext.  SAUSAGE AND PEPPERS OR EGGSALAD SANDWICH	10:00 Knitting 9 10:30 Harmonaires <u>ACES</u> 9:30 Silver Foxes “A” 10:00 Painting (downstairs) 10:30 Silver Foxes “B” 1:00 Tai Chi 1:00 Canasta CHICKEN PARMESAN HERO OR TUNA SALAD SANDWICH	<u>ACES</u> 10:30 Qi Gong 10 1:00 Open Bridge 1:00 Creating with Leather 2:00 Wii Games  POT ROAST WITH GRAVY OR MOZZARELLA AND TOMATO
10:30 Special Friends 13 1:00 Bowling @ Garden City Bowl 10:00 <u>Board of Directors Meeting</u> <u>ACES</u> 10:30 Line Dancing 11:00 <u>Red Hat Society Mtg.</u> 12:00 <u>Mother's Day Brunch</u> 1:00 Strength with Samantha /1:00 Pinochle CHICKEN PESTO CHEESE ROLL UP OR TUNA SALAD SANDWICH	9:30 Wise Workouts - DVD 14 10:00 Sculpture (downstairs) 10:30 Wise Workouts* 1:00 Yoga 1:00 Mah Jongg 1:00 Ten Pennies/ Scrabble 2:15 Move & Balance** CHICKEN MARSALA OR MOZZARELLA AND TOMATO	9:00 TRIP- CASINO TBA 15 10:30 Special Friends <u>ACES</u> 9:30 Reflection Writing 10:30 <u>Health and Wellness Demonstration</u> presented by: Acupuncture and Physical Therapy Health Center  HAMBURGER OR SEAFOOD SALAD SANDWICH	10:00 Knitting 16 10:30 Harmonaires <u>ACES</u> 9:30 Silver Foxes “A” 10:00 Painting (downstairs) 10:30 Silver Foxes “B” 1:00 Tai Chi / 1:00 Canasta PENNE A LA VODKA WITH CHICKEN OR CHICKEN SALAD SANDWICH	<u>ACES</u> 10:30 Qi Gong 17 1:00 Open Bridge 1:00 Jewelry Making 2:00 Wii Games  CHICKEN FRANCAISE OR SEAFOOD SALAD SANDWICH
10:30 Special Friends 20 1:00 Bowling @ Garden City Bowl <u>ACES</u> 10:30 Line Dancing 1:00 Strength w/ Samantha*** 1:00 Pinochle STUFFED SHELLS OR CHICKEN SALAD	9:30 Wise Workouts - DVD 21 10:00 Sculpture (downstairs) 10:30 Wise Workouts* 1:00 Yoga 1:00 Mah Jongg 1:00 Ten Pennies/ Scrabble 2:15 Move & Balance** BEEF AND BROCCOLI OR TUNA SALAD SANDWICH	9:00 TRIP- ISLAND HOPPING 22 10:30 Special Friends <u>ACES</u> 9:30 Reflection Writing  CHICKEN PICATTA OR MOZZARELLA AND TOMATO	10:00 Knitting 23 10:30 Harmonaires <u>ACES</u> 9:30 Silver Foxes “A” 10:00 Painting (downstairs) 10:30 Silver Foxes “B” 1:00 Salsa 1:00 Canasta STUFFED PEPPERS OR SEAFOOD SALAD SANDWICH	<u>ACES</u> 10:30 Qi Gong 24 1:00 Open Bridge 1:00 Creating with Leather 2:00 Wii Games  CAULIFLOWER CHICKPEA BULGAR OR EGG SALAD SANDWICH
MEMORIAL DAY CENTER CLOSED 27	9:30 Wise Workouts - DVD 28 10:00 Sculpture (downstairs) 10:30 Wise Workouts* 1:00 Yoga 1:00 Mah Jongg 1:00 Ten Pennies/ Scrabble 2:15 Move & Balance** ROAST TURKEY WITH GRAVY OR SEAFOOD SALAD SANDWICH	10:30 Special Friends 29 10:00 Blood Pressure Screening 10:00 <u>Executive Committee Mtg.</u> 12:00 CELEBRATION DAY Hero lunch hosted by: Omega Psi Phi Fraternity Entertainment: Horse Racing HERO LUNCH	10:00 Knitting 30 10:30 Harmonaires <u>ACES</u> 9:30 Silver Foxes “A” 10:00 Painting (downstairs) 10:30 Silver Foxes “B” 1:00 Salsa 1:00 Canasta SLOPPY JOES MOZZARELLA AND TOMATO	<u>ACES</u> 10:30 Qi Gong 31 1:00 Open Bridge 2:00 Wii Games  GRILLED CHICKEN WITH RANCHERO OR TUNA SALAD SANDWICH

