

January 2022

Location WESTBURY SENIOR CENTER

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
3	4	5	6	7
	ACES REGISTRATION 9AM UNTIL 2 PM		ACES REGISTRATION 9AM UNTIL 2 PM	
10	11	12	13	14
10:00 BOD MTG. CENTER OPEN FOR CARDS AND GAMES & LUNCH	CENTER OPEN FOR CARDS, GAMES & LUNCH	10:30 SPECIAL FRIENDS 11:00 NEW YORK PROJECT HOPE	CENTER OPEN FOR CARDS, GAMES & LUNCH	CENTER OPEN FOR CARDS, GAMES & LUNCH
SLOPPY JOES	RAVIOLI	BREADED FISH	PORK LOIN	BURRITO
17	18	19	20	21
CENTER CLOSED IN OBSERVANCE FOR MARTIN LUTHER KING JR. DAY	10:00 SCULPTURE 10:30 WISE WORKOUTS (ZOOM) 2:00 YOGA (ZOOM) 2:00 BOOK CLUB 2:00 MOVE WITH BALANCE	10:30 SPECIAL FRIENDS	10:00 PAINTING 1:00 CREATIVE CRAFTS 1:15 MOVE WITH BALANCE 2:00 MEDITATION	9:30 TAI CHI 10:45 CHAIR PILATES 1:00 STENGTH WITH PILATES
	ROAST CHICKEN	BREADED FISH	HAMBURGER	CHICKEN FAJITA
24	25	26	27	28
9:45 STRENGTH WITH SAMANTHA 10:45 MAD HATTER SCATTERGORIES 1:00 LINE DANCING	10:00 SCULPTURE 10:30 WISE WORKOUTS (ZOOM) 2:00 YOGA (ZOOM) 2:00 BOOK CLUB 2:00 MOVE WITH BALANCE	10:30 SPECIAL FRIENDS 11:30 CELEBRATION DAY!! (TBD) 1:00 (TBD) SINGER FLO MICHAELS	10:00 PAINTING 1:00 CREATIVE CRAFTS 1:15 MOVE WITH BALANCE 2:00 MEDITATION	9:30 TAI CHI 10:45 CHAIR PILATES 1:00 STRENGTH WITH SAMANTHA
BAKED ZITI	ROAST CHICKEN	BEEF & BROCCOLI	SWEDISH MEATBALLS	BREADED FISH
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9:45 STRENGTH WITH SAMANTHA 10:45 MAD HATTER SCATTERGORIES 1:00 LINE DANCING SAUSAGE WITH PEPPERS				