

March 2023

**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

		1 10:30 Special Friends 10:30 Business Mtg. 1:00 Senior Specialist Advocate presentation 1:00 Writers Write BREADED FISH	2 9:30 Strength with Samantha 10:00 Knitting 10:00 Drawing 10:30 Harmonaires 10:45 Who Are We? 11:00 Painting 1:00 Move with Balance 2:15 Yoga ROAST CHICKEN	3 9:30 Tai Chi 10:45 Chair Pilates 1:00 Spanish 1:00 Games SALMON BURGER
6 10:45 Mad Hatter Scattergories 2:15 Move with Balance CHICKEN FRANCIASE	7 10:30 Wise Workouts 1:00 Line Dancing 2:15 Chair Yoga PORK LOIN	8 10:30 Special Friends 11:00 <u>Nutrients of Concern/Supplements</u> 1:00 Family & Children's Association presentation 1:00 Writers Write (canceled) GROUND BEEF TORTILLA	9 9:30 Strength with Samantha 10:00 Knitting 10:00 Drawing 10:30 Harmonaires 10:45 Who Are We? 11:00 Painting 1:00 Move with Balance 2:15 Yoga SAUSAGE & PEPPERS	10 9:30 Tai Chi 10:45 Chair Pilates 1:00 Spanish 1:00 Games BAKED ZITI
13 10:00 Board of Director's Mtg 10:45 Mad Hatter Scattergories 2:15 Move with Balance MEATLOAF WITH GRAVY	14 10:30 Wise Workouts 1:00 Line Dancing 2:00 Book Club 2:15 Chair Yoga CHICKEN PICATTA	15 10:30 Special Friends 11:00 Lucky Tree Making with Julie from Bristal Assisted Living 12:00 Saint Patrick's Day Luncheon at Stage Diner 1:00 Reminisce with Michele 1:00 Writers Write 1:30 I Love Hearing Dr. Amy BREADED FISH	16 9:30 Strength with Samantha 10:00 Knitting 10:00 Drawing 10:30 Harmonaires 10:45 Who Are We? 11:00 Painting 1:00 Move with Balance 2:15 Yoga VEGGIE BURGER	17 9:30 Tai Chi 10:45 Chair Pilates 1:00 Spanish 1:00 Games CORNED BEEF W/ CABBAGE

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
10:45 Mad Hatter Scattergories 2:15 Move with Balance	10:30 Wise Workouts 1:00 Line Dancing 2:15 Chair Yoga	10:30 Special Friends 11:00 <u>Dementia & How To See the Signs & What To Do</u> presented by: Assuring Hands 12:45 Visit from Michelle Caio from Bristol	9:30 Strength with Samantha 10:00 Knitting 10:00 Drawing 10:30 Harmonaires 10:45 Who Are We? 11:00 Painting 1:00 Move with Balance 2:15 Yoga	9:30 Tai Chi 10:45 Chair Pilates 1:00 Spanish 1:00 Games
BREADED CHICKEN	PORK LOIN	CHICKEN PARMIGIANA	SWEDISH MEATBALLS	VEGETABLE LASAGNA
27	28	29	30	31
10:45 Mad Hatter Scattergories 1:00 Writers Write 2:15 Move with Balance	10:30 Wise Workouts 1:00 Line Dancing 2:00 Book Club 2:15 Chair Yoga	10:30 Special Friends 11:30 Celebration Day 12:00 Lunch 1:00 Singer & Entertainer	9:30 Strength with Samantha 10:00 Knitting 10:00 Drawing 10:30 Harmonaires 10:45 Who Are We? 11:00 Painting 1:00 Move with Balance 2:15 Yoga	
BEEF STEW	SAUSAGE & PEPPERS	ROAST CHICKEN THIGH	HAMBURGER	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation: 8:30 AM – 3:30 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 EACH WAY

Exercise suggested contribution: VARIES

Site Council Meeting: 3/1/23

Birthdays Celebration: 3/29/23

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.