

November 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. (BOD Meet & Greet) 1:00 Medicare 101 LOIN OF PORK	2 10:00 Drawing 10:00 Knitting 10:30 Let's Chat 10:30 Harmonaires 11:00 Painting 1:00 Move with Balance 2:15 Zumba (Zoom) 2:15 Meditation VEGETABLE LASAGNA	3 9:30 Tai Chi 10:45 Chair Pilates 1:00 Salsa Dancing 1:00 Pumpkin Making Craft with Lisa & Beth. Must sign up at the desk. Fee \$10.00 ROASTED CHICKEN
6 9:30 Silver Foxes 10:45 Mad Hatter Scattergories 1:00 Working with Your Computer 2:15 Move with Balance GRILLED CHICKEN	7 10:00 Sculpture 10:30 Wise Workouts 1:00 Pat's Bingo Party 2:15 Yoga BREADED FISH	8 10:30 Special Friends 10:45 Dear Abby 11:00 Mind Diet presented by: Coop Ext. 1:00 Identity Theft presented by: Legal Shield SALISBURY STEAK	9 10:00 Drawing 10:00 Knitting 10:30 Let's Chat 10:30 Harmonaires 11:00 Painting 1:00 Move with Balance 2:15 Zumba (Zoom) 2:15 Meditation CHICKEN FRANCAISE	10 CENTER CLOSED FOR VETERAN'S DAY
13 9:30 Silver Foxes 10:45 Mad Hatter Scattergories 1:00 Working with Your Computer 2:15 Move with Balance BEAN & VEGGIE STEW	14 10:00 Sculpture 10:30 Wise Workouts 2:00 Book Club 2:15 Yoga ROAST CHICKEN	15 10:30 Special Friends 10:45 Dear Abby 11:00 Estate Planning Presented by: Legal Shield 1:00 Visit from Town Clerk Ragini Srivastava MEATLOAF	16 10:00 Knitting / Drawing 10:30 Let's Chat 10:30 Harmonaires 11:00 Painting 1:00 Move with Balance 2:15 Zumba (Zoom) 2:15 Meditation SAUSAGE & PEPPERS	17 9:30 Tai Chi 10:45 Chair Pilates 1:00 Salsa Dancing STUFFED SHELLS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>9:30 Silver Foxes 10:00 BOD Mtg. 10:45 Mad Hatter Scattergories 1:00 Working with Your Computer 2:15 Move with Balance</p> <p>ROAST TURKEY</p>	<p>21</p> <p>10:00 Sculpture 10:30 Wise Workouts 2:15 Yoga</p> <p>HAMBURGER</p>	<p>22</p> <p>CENTER CLOSED FOR THANKSGIVING</p>	<p>23</p> <p>CENTER CLOSED FOR THANKSGIVING</p>	<p>24</p> <p>CENTER CLOSED FOR THANKSGIVING</p>
<p>27</p> <p>9:30 Silver Foxes 10:45 Mad Hatter Scattergories 1:00 Working with Your Computer 2:15 Move with Balance</p> <p>PENNE A LA VODKA / CHIC</p>	<p>28</p> <p>10:00 Sculpture 10:30 Wise Workouts 2:00 Book Club 2:15 Yoga</p> <p>FRITTATA W/ SPINACH</p>	<p>29</p> <p>10:30 Special Friends 11:30 Celebration Day! 12:00 Lunch 1:00 Supermarket Bingo</p> <p>VEGGIE BURGER</p>	<p>30</p> <p>10:00 Knitting / Drawing 10:30 Let's Chat 10:30 Harmonaires 11:00 Painting 1:00 Move with Balance 2:15 Zumba (Zoom) 2:15 Meditation</p> <p>CHICKEN STEW</p>	



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: \$1 to \$ 2 Dollars

Site Council Meeting: Wednesday 11/1/23

Birthdays Celebration: Wednesday 11/29/23

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