April 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
CENTER CLOSED	CENTER OPEN FOR CARDS, GAMES & LUNCH	10:30 Business Mtg. 10:30 Special Friends 1:00 <u>Helpful Tips for Family</u> <u>Caregivers</u> presented by LIJ Medical Center	9:00 pm – 2:00 pm ACES Spring Registration	11:00 Facts, Questions & Answers about Ovarian Cancer presented by Shore Cancer Support
	SWEDISH MEATBALLS	RAVIOLI	PENNE WITH CHICKEN	POTATO EGG FRITTATA
8	9	10	11	12
9:30 Silver Sneakers	10:00 Sculpture	10:30 Special Friends	9:30 Salsa Dancing.	9:30 Tai Chi
10:45 Mad Hatter	10:30 Wise Workouts	11:00 Are You Smarter Than	10:00 Knitting	10:45 Chair Pilates
Scattergories	1:00 Soul Line Dancing	A Nutritionist presented by:	10:00 Drawing	1:00 Zumba
11:00 Red Hat Meeting	1:00 Pat's Bingo Party	EAC	10:30 Let's Chat	
1:00 Working with Your	2:15 Yoga	1:00 Writing Club	10:30 Harmonaires	
Computer		2:15 Fall Prevention with	10:45 Rhythm & Movement	
2:15 Move with Balance		Ahmed	11:00 Painting	
			1:00 Zumba	
			2:15 Move with Balance	
			2:15 Meditation/	
CHICKEN FRANCAISE	KIELBASA	CHICKEN BURRITO	STUFFED SHELLS	VEGGIE BURGER
15	16	17	18	19
9:30 Silver Sneakers	10:00 Sculpture	10:30 Special Friends	9:30 Salsa Dancing.	9:30 Tai Chi
10:00 BOD Meeting	10:30 Wise Workouts	12:00 Celebration Day!	10:00 Knitting	10:45 Livin The Dream
10:45 Mad Hatter	1:00 Soul Line Dancing	1:00 Spring Horse Racing	10:00 Drawing	with OSH – Wish of a
Scattergories	2:15 Book Club		10:30 Let's Chat	Lifetime for Seniors
1:00 Working with Your	2:15 Yoga		10:30 Harmonaires	1:00 Zumba
Computer 2:15 Move with Balance			10:45 Rhythm & Movement	
2:15 Move with Balance			11:00 Painting	
			1:00 Zumba	
			2:15 Move with Balance 2:15 Meditation/	
CHICKEN PARMIGIANA	ROAST CHICKEN	MEATLOAF	BAKED ZITI	POT ROAST WITH GRAVY

Monday	Tuesday		Wednesday	Thursday	Friday
CENTER CLOSED	CENTER CLOSED	23	CENTER CLOSED	9:30 Salsa Dancing. 10:00 Knitting 10:00 Drawing 10:30 Let's Chat 10:30 Harmonaires 10:45 Rhythm & Movement 11:00 Painting 1:00 Zumba 2:15 Move with Balance 2:15 Meditation/ PORK LOIN	9:30 Tai Chi 1:00 Zumba
9:30 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Working with Your Computer 2:15 Move with Balance	10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Book Club 2:15 Yoga HAMBURGER	30			



Hours of Operation: 8:30 AM- 3:30 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 EACH WAY

Exercise suggested contribution:\$1.00 TO \$2.00

Site Council Meeting: Wednesday 4/3/24

Birthdays Celebration: Wednesday 4/17/24

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