

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

1	2	3	4	5
CENTER CLOSED	CENTER OPEN FOR CARDS, GAMES & LUNCH	10:30 Business Mtg. 10:30 Special Friends 1:00 <u>Helpful Tips for Family Caregivers</u> presented by LIJ Medical Center	9:00 pm – 2:00 pm ACES Spring Registration	11:00 <u>Facts, Questions & Answers about Ovarian Cancer</u> presented by Shore Cancer Support
	SWEDISH MEATBALLS	RAVIOLI	PENNE WITH CHICKEN	POTATO EGG FRITTATA
8	9	10	11	12
9:30 Silver Sneakers 10:45 Mad Hatter Scattergories 11:00 Red Hat Meeting 1:00 Working with Your Computer 2:15 Move with Balance	10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 1:00 Pat's Bingo Party 2:15 Yoga	10:30 Special Friends 11:00 <u>Are You Smarter Than A Nutritionist</u> presented by: EAC 1:00 Writing Club 2:15 Fall Prevention with Ahmed	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/ STUFFED SHELLS	9:30 Tai Chi 10:45 Chair Pilates 1:00 Zumba
CHICKEN FRANCAISE	KIELBASA	CHICKEN BURRITO		VEGGIE BURGER
15	16	17	18	19
9:30 Silver Sneakers 10:00 BOD Meeting 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	10:30 Special Friends 12:00 Celebration Day! 1:00 Spring Horse Racing	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/ BAKED ZITI	9:30 Tai Chi 10:45 Livin The Dream with OSH – Wish of a Lifetime for Seniors 1:00 Zumba
CHICKEN PARMIGIANA	ROAST CHICKEN	MEATLOAF		POT ROAST WITH GRAVY

