

April 2026

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 Meeting 1:00 <u>Eat or Toss: Food Waste</u> presented by: Coop Ext. CHICKEN FRIED RICE	2 CENTER CLOSED EASTER BREAK	3 CENTER CLOSED EASTER BREAK
6 CENTER CLOSED EASTER BREAK	7 CENTER CLOSED EASTER BREAK	8 10:30 Special Friends 1:00 <u>Managing Money: A Caregivers Guide to Finance</u> presented by: Alzheimer's Association CENTER CLOSSES AT 2PM STAFF MANDATORY TRAINING OFF PREMISE BEEF BURRITO	9 SPRING ACES REGISTRATION 9:00 AM – 2:00 PM CLASSES BEGIN MONDAY APRIL 13TH STUFFED SHELLS	10 CENTER OPEN FOR CARDS, GAMES & LUNCH 1:00 <u>Support When You Need It: Navigating Life's Next Chapter</u> presented by: Triangle Cognitive Therapy CHICKEN FRANCAISE
13 9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 11:00 Red Hat Meeting 1:00 Writing Club 1:00 Exercise with Tasha 2:15 Move with Balance CHICKEN PARMIGIANA	14 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga & More 2:15 Digital Pioneers: Computers & AI PORK LOIN W/ GRAVY	15 10:30 Special Friends 11:00 <u>Unlocking the Power of Living Trust Asset Protection</u> presented by: Ron Fatoullah 1:00 Please, Let Men Talk MEATLOAF W/ GRAVY	16 9:15 Fit for Life with Jane 10:00 Drawing 10:00 Knitting 10:30 What Would You Do? 10:30 Harmonaires 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance CHICKEN PICATTA	17 9:30 Tai Chi 10:45 Exercise with Glenda Zumba Gold Toning SWEDISH MEATBALLS

Monday	Tuesday	Wednesday	Thursday	Friday
20 9:30 Zumba Gold 10:00 BOD Meeting 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 1:00 Exercise with Tasha 2:15 Move with Balance SAUSAGE & PEPPERS	21 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 1:00 Book Club 2:15 Yoga & More 2:15 Digital Pioneers: Computers & AI BREADED FISH	22 10:30 Special Friends 11:00 <u>Nassau County Stroke Awareness</u> presented by: Alzheimer's Association 1:00 <u>Poison Prevention in The Home</u> presented by: VNS Health 1:00 Please, Let Men Talk CHICKEN FAJITAS	23 9:15 Fit for Life with Jane 10:00 Drawing 10:00 Knitting 10:30 What Would You Do? 10:30 Harmonaires 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance SLOPPY JOES	24 9:30 Tai Chi 10:45 Exercise with Glenda Zumba Gold Toning BINGO FUNDRAISER! 6:30 PM – 9:00 PM JUMBO RAVIOLI
27 9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 1:00 Exercise with Tasha 2:15 Move with Balance BREADED CHICKEN	28 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 1:00 Pat's Party Bingo! 2:15 Yoga & More 2:15 Digital Pioneers: Computers & AI CHICKEN MARSALA	29 10:30 Special Friends 11:00 <u>Medicaid Intake Process</u> (in lounge) presented by: Desirie Sykes from Compassionate Health 12:00 VOLUNTEER LUNCHEON MUST SIGN UP AT FRONT DESK BY WEDNESDAY 4/22 SURPRISE LUNCH	30 9:15 Fit for Life with Jane 10:00 Drawing 10:00 Knitting 10:30 What Would You Do? 10:30 Harmonaires 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance KIELBASA W/ KRAUT	



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: \$2.00

Site Council Meeting: Wednesday April 1st

Birthdays Celebration: Wednesday April 29th

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