

June 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	2	3	4	5
9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 1:00 Exercise with Tasha (substitute teacher) 2:15 Move with Balance SAUSAGE & PEPPERS	10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga & More 2:15 Digital Pioneer: Computers & AI CHICKEN PARMIGIANA	10:30 Special Friends 10:30 Business Meeting 1:00 Rethink Your Drink presented by: Coop Ext. 1:00 Please, Let Men Talk GRILLED CHICKEN	9:15 Fit for Life with Jane. 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance SWEDISH MEATBALLS	9:30 Tai Chi 10:45 Exercise with Genda (substitute teacher) 1:00 Red Hot Mamas @ Maria's building CHICKEN MARSALA
8	9	10	11	12
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 (substitute teacher) 2:15 Move with Balance ROAST PORK	10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga & More 2:15 Digital Pioneer: Computers & AI CHICKEN BURRITO	10:30 Special Friends 10:30 Scrapbooking 11:00 Human-to-Human Tech Help presented by: Waltz 10:30 What Would You Do? 1:00 Please, Let men Talk BREADED FISH	9:15 Fit for Life with Jane 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance CHICKEN CAESAR SALAD	9:30 Tai Chi 10:45 Exercise with Glenda (substitute teacher) 1:00 Zumba Gold Toning BINGO NIGHT FUNDRAISER 6:30 PM – 9:00 PM STUFFED SHELLS
15	16	17	18	19
9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 1:00 Exercise with Tasha (substitute teacher) 2:15 Move with Balance STUFFED PEPPERS	10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga & More 2:15 Digital Pioneer: Computers & AI ROAST CHICKEN	10:30 Special Friends 10:30 What Would You Do? 10:30 Scrapbooking 12:00 Saint Brigid's Pen Pal BBQ at Saint Brigid's School 1:00 Craft Time presented by: Laura LaFauci from Amber Court 1:00 Please, Let Men Talk SAUSAGE & PEPPERS	9:15 Fit for Life with Jane 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance BREADED FISH	CENTER CLOSED IN OBSERVANCE OF JUNETEENTH

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
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 (substitute teacher) 2:15 Move with Balance	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 Pioneer: Computers & AI	10:30 Special Friends 10:30 Scrapbooking 10:30 What Would You Do? 11:00 Age to Performance presented by: Metro Physical & Aquatic Therapy 12:00 Celebration Day! 1:00 Singer & Entertainer Barbara Harris	9:15 Fit for Life with Jane 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance	9:30 Tai Chi 10:45 Exercise with Glenda (substitute teacher) 1:00 Zumba Gold Toning <p style="text-align: center;">LAST DAY OF SPRING ACES CLASSES</p>
POT ROAST	CHICKEN PICCATA	KIELBASA WITH KRAUT	BEEF & BEAN BURRITO	CHICKEN CORDON BLEU
29	30			
12:00 Installation Luncheon at City Cellar Wine Bar & Grill located in Westbury CENTER OPEN FOR CARDS, GAMES & LUNCH BAKED ZITI WITH EGGPLANT	10:30 Book Club 12:00 The Arbors BBQ SPACE IS LIMITED PLEASE SIGN UP ASAP CENTER OPEN FOR CARDS, GAMES & LUNCH CHICKEN STEW	SUMMER ACES REGISTRATION THURSDAY JULY 2ND 9:00 AM – 2:00 PM	SUMMER ACES CLASSES BEGIN MONDAY JULY 6TH	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:
Carle Place, Old Westbury, Westbury

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 June 3rd

Birthdays Celebration: Wednesday June 24th

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