

July 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 Harmonaires concert 2:15 Please, Let Men Talk SAUSAGE & PEPPERS	2 SUMMER ACES REGISTRATION 9:00 AM – 2:00 PM STUFFED PEPPERS	3 CENTER CLOSED
6 9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra CHICKEN TOPPED WITH MOZZARELLA & SPINACH	7 9:00 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga BEEF TACO	8 10:00 What's the News? 10:30 Special Friends 11:00 Educational Health & Wellness Showcase presented by: Silver Lining 11 – 2pm Nutrition Counseling 2:15 Please, Let Men Talk CHICKEN CORDON BLUE	9 9:45 Drawing 10:00 Knitting 10:45 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance SWEDISH MEATBALLS	10 CENTER CLOSED
13 9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra BREADED FISH	14 9:00 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga JUMBO RAVIOLI	15 10:00 What's the News? 10:30 Special Friends 11:00 Medicare Made Simple presented by: Nikki Maldonado 1:00 Music Bingo presented by: Deidre Maynard from Oyster Bay Manor Assisted Living 2:15 Please, Let Men Talk CHICKEN PICATTA	16 9:45 Drawing 10:00 Knitting 10:45 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance SAUSAGE & PEPPERS	17 CENTER CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra PORK LOIN	9:00 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 1:00 Pat's Party Bingo 2:15 Yoga SLOPPY JOES	10:00 What's the News? 10:30 Special Friends 11:00 Bank Scams presented by: Attorney Leslie Sulton 1:00 Comedy Show presented by: Howard Newman 2:15 Please, Let Men Talk CHICKEN FRANCAISE	9:45 Drawing 10:00 Knitting 10:45 Painting 11am – 2pm Nutrition Counseling 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance STUFFED SHELLS	CENTER CLOSED
27	28	29	30	31
9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra POTATO & EGG FRITTATA	9:00 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga BAKED PASTA WITH SPINACH & CHICKEN	10:00 What's the News? 10:30 Special Friends 11:00 Pooled Income Trust Seminar presented by: VNS Health 11:30 Celebration Day! 12:00 Lunch 1:00 Christmas in July presented by: entertainers Swedish Meatballs 2:15 Please, Let men Talk/ SPAGHETTI & MEATBALLS	9:45 Drawing 30 10:00 Knitting 10:45 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance POT ROAST	CENTER CLOSED



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Area Served:
Carle Place, Old Westbury, Westbury

Hours of Operation: 8:30am - 3:30pm
 Meals suggested contribution: \$3.00
 Transportation suggested contribution: \$1.00 each way
 Exercise suggested contribution: \$2.00 each class
 Site Council Meeting: Wednesday 7/1/26
 Birthdays Celebration: Wednesday 7/29/26
**RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.
 PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
 EXERCISE CLASSES.**