

August 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

3 9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance PENNE A LA VODKA WITH GRILLED CHICKEN	4 9:15 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga CHICKEN CORDON BLEU	5 10:30 Special Friends 10:30 Business Mtg. 1:00 <u>Renewals for Home Exemptions</u> presented by Steve Corte 2:15 Please, Let Men Talk GREEK SALAD WITH GRILLED CHICKEN	6 9:45 Drawing 10:00 Knitting 10:45 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance SWEDISH MEATBALLS	7 CENTER CLOSED
10 9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance CHICKEN BRUSHETTA	11 9:15 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Pat's Party Bingo! 1:00 Soul Line Dancing 2:15 Yoga BEEF TACO	12 10:00 What's the News? 10:30 Special Friends 11:00 <u>Emergency Preparedness</u> presented by: Sergeant Matteo Lopez 2:15 Please, Let Men Talk JUMBO RAVIOLI	13 9:45 Drawing 10:00 Knitting 10:45 Painting 11:00 - 2:00 Nutrition Counseling 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance BREADED FISH	14 CENTER CLOSED BINGO NIGHT FUNDRAISER 6:30 PM – 9:00 PM
17 9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance CHICKEN PICATTA	18 9:15 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Pat's Party Bingo! 1:00 Soul Line Dancing 2:15 Yoga STUFFED SHELLS	19 10:00 What's the News? BAR BEACH PICNIC	20 9:45 Drawing 10:00 Knitting 10:45 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance LOIN OF PORK	21 CENTER CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday
24 9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance THREE CHEESE LASAGNA	25 9:15 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga CHICKEN FRANCAISE	26 9:30 – 3:00 Catholic Health Healthcare Bus 10:00 What's the News? 10:30 Special Friends 1:00 Singer & Entertainer George Maselli 2:15 Please, Let Men Talk MUDER MYSTERY FUNDRAISER DINER 5:00 PM – 8:00 PM STUFFED CHICKEN	27 9:45 Drawing 10:00 Knitting 10:45 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance STUFFED PEPPERS	28 CENTER CLOSED
31 9:30 Zumba Gold 10:45 Silver Sneakers 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance ROAST TURKEY				



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 EACH CLASS

Site Council Meeting: Wednesday 8/5/26

Birthdays Celebration: Wednesday 8/26/26

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