

September 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 9:15 Zumba Gold Toning (makeup class) CENTER OPEN FOR CARDS, GAMES & LUNCH SPAGHETTI & MEATBALLS	2 10:00 – 12:00 Distribution of Covid & RSV & Vaccines presented by Carmen Drugs 10:30 Special Friends 10:30 Business Mtg. 1:00 Nutrition & Eye Health presented by: Coop Extension SAUSAGE & PEPPERS	3 FALL ACES REGISTRATION 9:00 AM – 2:00 PM MEATLOAF WITH GRAVY	4 9:00 – 3:00 DEFESTIVE DRIVING CENTER OPEN FOR CARDS, GAMES & LUNCH CHICKEN PARMIGIANA
7 CENTER CLOSED IN OBSERVANCE OF LABOR DAY	8 9:00 Zumba Gold Toning 10:30 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga 2:15 Computer Confidence BEEF TACO	9 10:00 What's The News 10:30 Special Friends 11:00 Challenging Trivia presented by: Silver Lining Homecare 1:00 Medicare & You, Reducing Healthcare Costs presented by: Kiersten Palma 1:00 Bling & Beautiful 1:00 Please Let Men Talk PASTA PRIMAVERA	10 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 10:45 Bachata Line Dance 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance CHICKEN QUINOA	11 9:30 Tai Chi 10:45 Exercise with Glenda 1:30 Beachball Volleyball CHICKEN PARMIGIANA
14 9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance POT ROAST	15 9:00 Zumba Gold Toning 10:30 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga 2:15 Computer Confidence RAVIOLI	16 10:00 What's The News 10:30 Special Friends 1:00 Bling & Beautifull 1:00 Please, Let Men Talk BREADED FISH	17 9:30 Fit for Life with Jane 10:00 Drawing 10:30 Harmonaires 10:45 Bachata Line Dancing 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance ROAST TURKEY	18 9:30 Tai Chi 10:45 Exercise with Glenda 1:30 Beachball Volleyball BINGO NIGHT FUNDRAISER 6:30 PM – 9:00 PM CHICKEN W/ MOZZARELLA & SPINACH

Monday	Tuesday	Wednesday	Thursday	Friday
21 CENTER CLOSED IN OBSERVANCE OF YOM KIPPER	22 9:00 Zumba Gold Toning 10:30 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 1:00 Pat's Party Bingo 2:15 Yoga 2:15 Computer Confidence STUFFED PEPPERS	23 10:00 What's The News 10:30 Special Friends 11:00 Honoring Maria Santiago 12:30 Trip to Farmer Market in East Meadow 1:00 Bling & Beautiful 1:00 Please, Let Men Talk FRITTATA W/ CHEESE & SPINACH	24 9:30 Fit for Life with Jane 10:00 Drawing 10:30 Drawing 10:30 Harmonaires 10:45 Bachata Line Dancing 11:00 Painting 1:00 Therapeutic Art Coaching 1:00 Meditation 2:15 Move with Balance SWEDISH MEATBALLS	25 9:30 Tai Chi 10:45 Exercise with Glenda 1:30 Beachball Volleyball CHICKEN FRANCAISE
28 9:30 Zumba 10:00 BOD Mtg. 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance PORK LOIN	29 9:00 Zumba Gold Toning 10:30 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga 2:15 Computer Confidence KIELBASA W/ SAUERKRAUT	30 10:00 What's The News 10:30 Special Friends 11:30 Celebration Day 12:00 Lunch 1:00 Surprise Lunch & Entertainment in memory of Frances Casola SURPRISE LUNCH		



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

Exercise suggested contribution: \$2.00 each class

Site Council Meeting: Wednesday 9/2

Birthdays Celebration: Wednesday 9/30

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