

October 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 9:30 Fit for life with Jane 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 10:45 Bachata Line Dancing 11:00 Painting 1:00 Meditation 2:15 Move with Balance POT ROAST	2 9:30 Tai Chi 10:45 Exercise with Glenda CHICKEN CORDON BLEU
5 9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance CHICKEN PICATTA	6 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	7 10:30 Special Friends 10:30 Business Meeting 1:00 Visit & presentation from Mary Jo Collins Receiver of Taxes 1:00 Bling & Beautiful 1:00 Please Let Men Talk STUFFED SHELLS	8 CLASSES SAME AS ABOVE SAUSAGE & PEPPERS	9 9:30 Tai Chi 10:45 Exercise with Glenda SPAGHETTI & MEATBALLS
12 CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY	13 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 CHICKEN PARMIGIANA	14 10:00 What's The News 10:30 Special Friends 1:00 Bling & Beautiful 1:00 Please, Let Men Talk 1:00 Seniors, & Falls & Chiropractic & Why? The Two Keys to Longevity presented by: Dr. Claude Weinberg SLOPPY JOE'S	15 CLASSES SAME AS ABOVE ROAST TURKEY	16 9:30 Tai Chi 10:45 Exercise with Glenda BREADED FISH

Monday	Tuesday	Wednesday	Thursday	Friday
19 9:30 Zumba 10:00 BOD Meeting 10:45 Silver Sneakers 11:00 Red Hatter Meeting 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance SAUERBRATEN W/ GRAVY	20 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 PASTA & CHICKEN	21 10:30 Special Friends 12:00 Lunch 1:00 BAZAAR SET-UP CHICKEN W/ MOZZARELLA & SPINACH	22 CENTER OPEN FOR LUNCH AND BAZAAR SET-UP ONLY SWEDISH MEATBALLS	23 CENTER OPEN FOR LUNCH AND BAZAAR SET-UP ONLY CHICKEN FRANCAISE
26 CENTER OPEN FOR BAZAAR CLEAN-UP & BAZAAR VOLUNTEER PIZZA PARTY LOIN OF PORK	27 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 JUMBO RAVIOLI	28 10:00 What's The News 10:30 Special Friends 11:00 Nutrition Facts Labels presented by: Cooperate Extension 11:30 Celebration Day 12:00 Lunch 1:00 Halloween Horseracing! Best costume wins a prize! CHICKEN MARSALA	29 9:30 Fit for life with Jane 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 10:45 Bachata Line Dancing 11:00 Painting 1:00 Meditation 2:15 Move with Balance POT ROAST	30 9:30 Tai Chi 10:45 Exercise with Glenda CHILI



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 PER CLASS

Site Council Meeting: Wednesday October 7th

Birthdays Celebration: Wednesday October 28th

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