November 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
2 9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance **POT ROAST**	3 9:00 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:15 Yoga 2:15 Computer Confidence **VEGGIE BURGER**	4 10:30 Special Friends 10:30 Business Meeting 1:00 **Nutrition & Supplement Talk** Presented by: Carmen Drugs 1:00 Please, Let Men Talk **STUFFED SHEELS**	5 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 **SAUSAGE & PEPPERS**	6 9:30 Tai Chi 10:45 Exercise with Glenda 12:00 **Pen Pal Friendsgiving Luncheon at Saint Brigid's School** **CHICKEN PICATTA**
9 9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 11:00 **Red Hat Meeting** 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance **BREADED FISH**	10 9:00 Zumba Gold Toning. 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing **2:00 Book Club** 2:15 Yoga 2:15 Computer Confidence **BEEF TACO**	11 **CENTER CLOSED IN OBSERVANCE OF VETERANS DAY**	12 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 **JUMBO RAVIOL**	13 9:30 Tai Chi 10:45 Exercise with Glenda **TRIP – A Christmas at the Playhouse** **SPAGHETTI & MEATBALLS**
16 9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance **CHICKEN FRICASSEE**	17 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 2:15 Computer Confidence **SPINACH EGG FRITTATA**	18 10:00 What's The News 10:30 Special Friends 11:00 **Estate Planning to Safeguard your Estate & Trust** presented by: Attorney Allison 1:00 **Entertainer and singer George Maselli** **CHICKEN WITH MOZZARELLA**	19 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 **PORK LOIN**	20 9:30 Tai Chi 10:45 Exercise with Glenda **BINGO FUNDRAISER** **6:30 PM – 9:00 PM** **MEATLOAF**

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23 9:30 Zumba 10:00 **BOD Mtg.** 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance **ROAST TURKEY**	24 9:00 Zumba Gold Toning 10:00 Sculpture 10:30 Wise Workouts 10:45 Bocce 1:00 Soul Line Dancing 2:00 **Book Club** 2:15 Yoga 2:15 Computer Confidence **SLOPPY JOES**	25 **CENTER CLOSED** **HAPPY THANKSGIVING**	26 **CENTER CLOSED** **HAPPY THANKSGIVING**	27 **CENTER CLOSED** **HAPPY THANKSGIVING**
30 9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 1:00 Exercise with Sandra 2:15 Move with Balance **PORK LOIN**				

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.