

**November 2024**

**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

				<p style="text-align: right;">1</p> <p>9:30 Tai Chi 10:45 Exercise with Glenda 10:45 Wellness Development 1:00 Zumba Gold Toning</p> <p style="text-align: center;"><b>CHICKEN FAJITAS</b></p>
<p style="text-align: right;">4</p> <p>9:30 Zumba 10:30 Bocce 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance</p> <p style="text-align: center;"><b>MEATLOAF</b></p>	<p style="text-align: right;">5</p> <p>10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga</p> <p style="text-align: center;"><b>CHICKEN BURRITO</b></p>	<p style="text-align: right;">6</p> <p>10:30 Special Friends 10:30 Business Meeting 12:45 <b>Learn Self Defense Tips</b> with Dennis Garboski 1:00 Jewelry Class (in small room upstairs)</p> <p style="text-align: center;"><b>RAVIOLI W/ MEAT SAUCE</b></p>	<p style="text-align: right;">7</p> <p>9:30 Learning Computers 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 10:45 Rhythm &amp; Dance 10:45 Who Are You? 11:00 Painting 1:00 Meditation/ 1:00 Zumba 2:15 Move with Balance</p> <p style="text-align: center;"><b>CHICKEN FRANCAISE</b></p>	<p style="text-align: right;">8</p> <p>9:30 Tai Chi 10:45 Exercise with Glenda 10:45 Wellness Development 1:00 Zumba Gold Toning</p> <p style="text-align: center;"><b>BINGO FUNDRAISER 6:30 PM – 9:00 PM</b></p> <p style="text-align: center;"><b>BEEF STEW</b></p>
<p style="text-align: right;">11</p> <p style="text-align: center;"><b>CENTER CLOSED IN OBSERVANCE OF VETERANS DAY</b></p>	<p style="text-align: right;">12</p> <p>10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga</p> <p style="text-align: center;"><b>BREADED CHICKEN CUTLET</b></p>	<p style="text-align: right;">13</p> <p>10:30 Special Friends 11:00 <b>Legal Financial Review</b> presented by: Attorney Andrew Cohen 1:00 Jewelry Making 1:15 <b>Terra Cotta Pot Turkey Making</b> presented by: Laura LaFauci from Amber Court</p> <p style="text-align: center;"><b>SALISBURY STEAK</b></p>	<p style="text-align: right;">14</p> <p>9:30 Learning Computers 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 10:45 Rhythm &amp; Dance 10:45 Who Are You? 11:00 Painting 1:00 Meditation/ 1:00 Zumba 2:15 Move with Balance</p> <p style="text-align: center;"><b>SAUSAGE &amp; PEPPERS</b></p>	<p style="text-align: right;">15</p> <p>8:45 <b>Meet in Center parking lot for bus trip to A Playhouse Christmas</b></p> <p>9:30 Tai Chi 10:45 Exercise with Glenda 10:45 Wellness Development 1:00 Zumba Gold Toning</p> <p style="text-align: center;"><b>STUFFED SHELLS</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
9:30 Zumba 10:00 <b>BOD Mtg.</b> 10:30 Bocce 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 11:00 <b>Red Hat Mtg.</b> 1:00 Writing Club 2:15 Move with Balance <b>PENNE VODKA W/ CHICKEN</b>	10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 1:00 Pat's Part Bingo 2:15 Yoga  <b>HAMBURGER</b>	10:30 Special Friends 11:00 <b>Sweet Reads: Finding Sugars in Food Labels</b> presented by: Coop Extension 12:00 Lunch 1:00 Entertainment by: <b>Con Moto Chamber Ensemble</b> <b>BREADED FISH</b>	9:30 Learning Computers 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 10:45 Rhythm & Dance 10:45 Who Are You? 11:00 Painting 1:00 Meditation/ 1:00 Zumba 2:15 Move with Balance <b>CHICKEN STEW</b>	9:30 Tai Chi 10:45 Exercise with Glenda 10:45 Wellness Development 1:00 Zumba Gold Toning  <b>SWEDISH MEATBALLS</b>
25	26	27	28	29
9:30 Zumba 10:15 Saint Brigid's Thanksgiving Litergy Luncheon 10:30 Bocce 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance <b>ROAST TURKEY</b>	10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga  <b>FRITATTA</b>	<b>CENTER CLOSED IN  OBSERVANCE OF  THANKSGIVING</b>	<b>CENTER CLOSED  HAPPY THANKSGIVING</b>	<b>CENTER CLOSED IN  OBSERVANCE OF  THANKSGIVING</b>



**BRUCE A. BLAKEMAN**  
**NASSAU COUNTY EXECUTIVE**

Hours of Operation: 8:30 am – 3:30 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1 each way

Exercise suggested contribution: \$1 to \$2

Site Council Meeting: Wednesday November 6th

Birthdays Celebration: Wednesday November 20th

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &  
EXERCISE CLASSES.