## December 2024

## Westbury Senior Center 360 Post Avenue, Nassau, Westbury, NY, 11590 (516) 334-5886



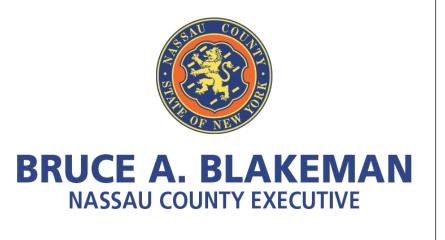
## Nassau County Office for the Aging

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
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2	3	4	5	6
9:30 Zumba	10:30 Sculpture	10:45 Food Safety Bingo	9:30 Learning Computers	9:30 Tai Chi
10:45 Silver Sneakers	10:30 Wise Workouts	presented by: Coop Ext.	10:00 Drawing	10:45 Exercise with Glenda
10:45 Mad Hatter	1:00 Soul Line Dancing		10:00 Knitting	1:00 Zumba Gold Training
Scattergories	(canceled)	12:00 HOLIDAY PARTY AT	10:30 Harmonaires @ WF	
1:00 Writing Club	1:00 HOT COCA & TREE	VERDI'S OF WESTBURY	10:45 Rhythm & Dance	
2:15 Move with Balance	DECORATING		10:45 Who Are You?	
	2:00 Book Club	NO MEMBERS IN BUILDING	11:00 Painting	
	2:15 Yoga	UNTIL PARTY ENDS	1:00 Zumba	
			1:00 Meditation	
SAUSAGE & PEPPERS	BEEF STEW	NO LUNCH	2:15 Move with Balance/FISH	CHICKEN TOMATO & BASIL
9	10	11	12	13
9:30 Zumba	10:30 Sculpture	10:30 Special Friends		9:30 Tai Chi
10:45 Silver Sneakers	10:30 Wise Workouts	10:30 Business Meeting	10:30 Harmonaires @ EM	
10:45 Mad Hatter	1:00 Soul Line Dancing	1:00 Supermarket Bingo!!	Sunrise	NO OTHER EXERCISE
Scattergories	2:15 Yoga	1:00 Falun Dafa		CLASSES TODAY
1:00 Writing Club			CLASSES SAME AS THE 5 <sup>TH</sup>	
2:15 Move with Balance				11:30 VILLAGE HOLIDAY
				PARTY. CENTER CLOSED AT
				11:00 AM
HAMPIDEED	CTUEED CUEUC	LOIN OF DODK	CALICDUDY CTEAK	NO LUNCU
HAMBURGER	STUFFED SHELLS	LOIN OF PORK	SALISBURY STEAK	NO LUNCH
16	17	18	19	20
10:00 – 12:00 <b>COME SHARE</b>	11:00 Get Paid to Take Care	10:30 Special Friends	10:30 Harmonaires @ The	
YOUR LOVE, HOLIDAY	of Your Loved One presented	T	Arbors	
_	I	12:00 Lunch		
WITH STUDENTS FROM	,	1:00 Harmonaires Holiday	1:30 RED HOT MAMA'S	CENTER OPEN FOR CARDS,
SAINT BRIGID'S			HOLIDAY SHOW	GAMES & LUNCH
		(10:00 – 3:30 pick up holiday		
		food bag from Long Island		
BEEF BURRITO	JUMBO RAVIOLI	cares) ROAST TURKEY	BREADED FISH	VEGGIE BURGER
YOUR LOVE, HOLIDAY MEMORIES & TRADITIONS WITH STUDENTS FROM SAINT BRIGID'S	of Your Loved One presented by: Maxim Healthcare	11:30 Celebration Day 12:00 Lunch 1:00 <u>Harmonaires Holiday</u> Concert  (10:00 – 3:30 pick up holiday food bag from Long Island	Arbors  1:30 RED HOT MAMA'S HOLIDAY SHOW	GAMES & LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
CENTER CLOSED HAPPY HOLIDAYS	CENTER CLOSED HAPPY HOLIDAYS	MERRY CHRISTMAS	HAPPY KWANZA	HAPPY KWANZA
HAPPY KWANZA	CENTER RE – OPENS ON MONDAY JANUARY 6 <sup>TH</sup> ACES WINTER REGISTRATION IS TUESDAY JANUARY 7 <sup>TH</sup> FROM 9:00 AM -2:00 PM			



Hours of Operation:8:30 AM - 3:30 PM

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 EACH WAY

Exercise suggested contribution: \$1.00 TO \$2.00

Site Council Meeting: Wednesday December 11th

Birthdays Celebration: Wednesday December 18<sup>th</sup>

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