

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance</p> <p>SAUSAGE & PEPPERS</p>	<p>3</p> <p>10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing (canceled) 1:00 HOT COCA & TREE DECORATING 2:00 Book Club 2:15 Yoga</p> <p>BEEF STEW</p>	<p>4</p> <p>10:45 Food Safety Bingo presented by: Coop Ext.</p> <p>12:00 HOLIDAY PARTY AT VERDI'S OF WESTBURY</p> <p>NO MEMBERS IN BUILDING UNTIL PARTY ENDS</p> <p>NO LUNCH</p>	<p>5</p> <p>9:30 Learning Computers 10:00 Drawing 10:00 Knitting 10:30 Harmonaires @ WF 10:45 Rhythm & Dance 10:45 Who Are You? 11:00 Painting 1:00 Zumba 1:00 Meditation 2:15 Move with Balance/FISH</p> <p>CHICKEN TOMATO & BASIL</p>	<p>6</p> <p>9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Training</p>
<p>9</p> <p>9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance</p> <p>HAMBURGER</p>	<p>10</p> <p>10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga</p> <p>STUFFED SHELLS</p>	<p>11</p> <p>10:30 Special Friends 10:30 Business Meeting 1:00 Supermarket Bingo!! 1:00 Falun Dafa</p> <p>LOIN OF PORK</p>	<p>12</p> <p>10:30 Harmonaires @ EM Sunrise</p> <p>CLASSES SAME AS THE 5TH</p> <p>SALISBURY STEAK</p>	<p>13</p> <p>9:30 Tai Chi</p> <p>NO OTHER EXERCISE CLASSES TODAY</p> <p>11:30 VILLAGE HOLIDAY PARTY. CENTER CLOSED AT 11:00 AM</p> <p>NO LUNCH</p>
<p>16</p> <p>10:00 – 12:00 COME SHARE YOUR LOVE, HOLIDAY MEMORIES & TRADITIONS WITH STUDENTS FROM SAINT BRIGID'S</p> <p>BEEF BURRITO</p>	<p>17</p> <p>11:00 Get Paid to Take Care of Your Loved One presented by: Maxim Healthcare</p> <p>JUMBO RAVIOLI</p>	<p>18</p> <p>10:30 Special Friends 11:30 Celebration Day 12:00 Lunch 1:00 Harmonaires Holiday Concert</p> <p>(10:00 – 3:30 pick up holiday food bag from Long Island cares)</p> <p>ROAST TURKEY</p>	<p>19</p> <p>10:30 Harmonaires @ The Arbors</p> <p>1:30 RED HOT MAMA'S HOLIDAY SHOW</p> <p>BREADED FISH</p>	<p>20</p> <p>CENTER OPEN FOR CARDS, GAMES & LUNCH</p> <p>VEGGIE BURGER</p>

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
CENTER CLOSED HAPPY HOLIDAYS	CENTER CLOSED HAPPY HOLIDAYS	MERRY CHRISTMAS	HAPPY KWANZA	HAPPY KWANZA
30	31			
HAPPY KWANZA	CENTER RE – OPENS ON MONDAY JANUARY 6TH ACES WINTER REGISTRATION IS TUESDAY JANUARY 7TH FROM 9:00 AM -2:00 PM			



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: \$1.00 TO \$2.00

Site Council Meeting: Wednesday December 11th

Birthdays Celebration: Wednesday December 18th

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