

January 2025

**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	2	3
		CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
6 CENTER OPEN FOR CARDS, GAMES & LUNCH CHICKEN PICACATA	7 WINTER ACES REGISTRATION 9:00 AM – 2:00 PM BEEF BURRITO	8 10:30 Special Friends 10:30 Business Mtg. 12:00 New Year Toast 1:00 Lisa Adraga from Compass 1:00 Falun Dafa BREADED CHICKEN CUTLET	9 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 10:45 Rhythm & Dance 10:45 What Would You Do? 11:00 Painting 1:00 Zumba 1:00 Meditation 2:15 Move with Balance STUFFED SHELLS	10 9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning ROAST TURKEY WITH GRAVY
13 9:30 Zumba 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 11:00 Red Hatter Mtg. 1:00 Writing Club 2:15 Move with Balance SWEDISH MEATBALLS	14 10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga 2:15 Book Club 2:15 Device Technology RAVIOLI	15 10:00 Scrapbooking 101 10:30 Special Friends 1:00 Falun Dafa 1:00 Cyber Security for Seniors presented by: Regina Ganpat from VNS Health PORL LOIN WITH GRAVY	16 CLASSES SAME AS ABOVE BREADED FISH	17 9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning CHICKEN BURRITO

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
CENTER CLOSED IN OBSERVANCE FOR MARTIN LUTHER KING JR.	10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 1:00 Pat's Party Bingo 2:15 Yoga 2:15 Device Technology	10:30 Special Friends 11:30 Celebration Day 12:00 Lunch 1:00 Entertainment by: Time Passages Classic Rock band	CLASSES SAME AS ABOVE	9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning
	BEEF VEGGIE STEW	PENNE A LA VODKA W/ CHIC	CHEESEBURGER	CHICKEN FAJITAS
27	28	29	30	31
9:30 Zumba 10:00 BOD Meeting 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance	10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga 2:15 Device Technology	HAPPY LUNAR NEW YEAR! CENTER CLOSED	CLASSES SAME AS ABOVE	9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning
CHICKEN FRANCESE	EGGPLANT ROLLATINI & BAKED ZITI		STUFFED PEPPERS	POT ROAST WITH GRAVY



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 to \$2

Site Council Meeting: Wednesday 1/ 8/25

Birthdays Celebration: 1/22/225

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