

February 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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance <p style="text-align: center;">BEEF STEW</p>	10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga 2:15 Book Club 2:15 Device Technology <p style="text-align: center;">BREADED CHICKEN CUTLET</p>	10:30 Special Friends 10:30 Business Meeting 1:00 Falun Dafa 1:00 Pat's Special Friends Birthdau Bingo <p style="text-align: center;">PORK LOIN W/ GRAVY</p>	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 <p style="text-align: center;">SWEDISH MEATBALLS</p>	9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning <p style="text-align: center;">JUMBO RAVIOLI</p>
10	11	12	13	14
9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 11:00 Red Hat Meeting 12:45 Superbowl Party 1:00 Writing Club 2:15 Move with Balance <p style="text-align: center;">MEATLOAF WITH GRAVY</p>	10:00 Sculpture 10:30 Wise Workouts 11:00 Pat's Party Bingo 1:00 Soul Line Dancing 2:15 Yoga 2:15 Book Club 2:15 Device Technology <p style="text-align: center;">SAUSAGE & PEPPERS</p>	10:00 Scrapbooking 101 10:30 Special Friends 11:00 Fall Prevention presented by: Mita from LEAP Physical Therapy 1:00 Falun Dafa 1:15 Valentine Day Craft with Laura LaFauci from Amber Court & Saint Brigid's Students / STUFFED SHELLS	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 <p style="text-align: center;">HAMBURGER</p>	9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning <p style="text-align: center;">POT ROAST WITH GRAVY</p>

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
CENTER CLOSED IN OBSERVANCE FOR PRESIDENTS' DAY	10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga 2:15 Book Club 2:15 Device Technology ROAST TURKEY ON RYE	10:00 Scrapbooking 101 10:00 – 11:30 Screening for Blood Pressure, Diabetes and Cholesterol in Center. Presented by: Saint Frances please sign up at front desk. 1:00 Interactive Black History Month presentation CHICKEN FRANCESE	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 SPAGHETTI & MEATBALLS	9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning BINGO NIGHT FUNDRAISER! DOORS OPEN AT 6:30 PM \$20.00 FOR 5 CARDS \$5.00 FOR JACKPOT CARD GREAT PRIZES AND FOOD CHICKEN WITH SAUCE
24	25	26	27	28
9:30 Zumba Gold 19:00 BOD Mtg. 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance CHICKEN PARMIGIANA	10:00 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga 2:15 Book Club 2:15 Device Technology BEEF TACO	10:30 Special Friends 11:00 <u>Heart Health</u> presented by: Coop Ext. 11:30 Celebration Day! 12:00 Lunch 12:30 <u>Do More for Your Brain</u> presented by: nurse Patrick Cohen 1:00 Singers & Entertainers Bud & Linda GREEK SALAD WITH CHICKEN	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 BAKED ZITI WITH EGGPLANT	9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning BREADED FISH



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 2/5/25

Birthdays Celebration: Wednesday 2/26/25

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