

March 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
<p>3</p> <p>9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance</p> <p>CHICKEN FRANCAISE</p>	<p>4</p> <p>10:30 Sculpture 10:30 Wise Workouts 12:30 Mar-di Gras Party 1:00 Soul Line Dancing 2:15 Yoga 2:15 Book Club 2:15 Device Technology</p> <p>PORK LOIN</p>	<p>5</p> <p>10:30 Special Friends 10:30 Business Meeting 1:00 Our famous Bill Howell / Author and friend presents "Pinnacle The Lost Paradise of Rasta"</p> <p>BREADED FISH</p>	<p>6</p> <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> <p>SAUSAGE & PEPPERS</p>	<p>7</p> <p>9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning</p> <p>BAKED ZITI WITH EGGPLANT</p>
<p>10</p> <p>9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 11:00 Red Hatter Meeting 1:00 Writing Club 2:15 Move with Balance</p> <p>MEATLOAF</p>	<p>11</p> <p>10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 1:00 Pat's Party Bingo 2:15 Yoga 2:15 Device Technology</p> <p>CHICKEN PICATTA</p>	<p>12</p> <p>10:00 Scrapbooking 101 10:30 Special Friends 1:00 "Live Your Best Life In Retirement" presented by: Kerri Kaley from the Bristol</p> <p>BEEF BURRITO</p>	<p>13</p> <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> <p>CHICKEN CORDON BLEU</p>	<p>14</p> <p>9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning</p> <p>BINGO NIGHT FUNDRAISER! 6:30 pm – 9:00 pm</p> <p>VEGGIE BURGER</p>
<p>17</p> <p>9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance</p> <p>CORNED BEEF & CABBAGE</p>	<p>18</p> <p>10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga 2:15 Device Technology 2:15 Book Club</p> <p>STUFFED PEPPERS</p>	<p>19</p> <p>10:00 Scrapbooking 10:30 Special Friends 1:00 "Remote Services Focus Workshop" presented by: VNS Health Services</p> <p>CHICKEN PARMIGIANA</p>	<p>20</p> <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> <p>SWEDISH MEATBALLS</p>	<p>21</p> <p>9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Gold Toning</p> <p>LAST DAY OF WINTER ACES CLASSES</p> <p>JUMBO RAVIOLI</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">24</p> <p>10:00 BOD Meeting 11:00 Bingo with Lisa from Compass</p> <p style="text-align: center;">CHICKEN STEW</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">CENTER OPEN FOR CARDS, GAMES AND LUNCH</p> <p style="text-align: center;">POT ROAST</p>	<p style="text-align: right;">26</p> <p>10 -2 LI Cares Food Delivery 10:30 Special Friends 11:00 Food Connects Us (Nutrition Through The Life Cycle – Older Adult Stage) presented by: Coop Ext. 11:30 Celebration Day 12:00 Lunch 1:00 Supermarket Bingo!</p> <p style="text-align: center;">KIELBASA</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">CENTER OPEN FOR CARDS, GAMES ANDS LUNCH</p> <p>1:00 Raffle and Games with Lisa from Compass</p> <p style="text-align: center;">HAMBURGER</p>	<p style="text-align: right;">28</p> <p>11:00 Hand Massages presented by: The Spa Expectations Corporation</p> <p style="text-align: center;">STUFFED SHELLS</p>
<p style="text-align: right;">31</p> <p style="text-align: center;">CENTER CLOSED IN OBSERVANCE OF EID</p>				



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: \$2.00

Site Council Meeting: Wednesday 3/5

Birthdays Celebration: Wednesday 2/26

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