## **April 2025**

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



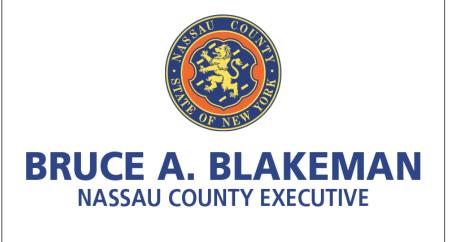
## Nassau County Office for the Aging

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	4
		10:30 Special Friends	9:30 Hula Hooping	9:30 Tai Chi
		10:30 Business Meeting	10:00 Knitting	10:45 Exercise with Glenda
		1:00 Legal Sheild & You	10:00 Drawing	1:00 Zumba Glod Toning
			10:30 Harmonaires	1:00 Follow & Paint
			10:45 Rhythm & Movement	
	ACES SPRING REGISTRATION		10:45 What wouls You Do?	
	9:00 AM – 2:00 PM		11:00 Painting	
			1:00 Zumba	
			2:15 Move with Balance	
			2:15 Meditation	
	SWEDISH MEATBALLS	SPONSORED PIZZA PARTY	PENNA A LA VODKA W/CHIC	BREADED FISH
7	8	9	10	11
9:30 Zumba Gold	10:00 Sculpture	10:30 Special Friends	9:30 Hula Hooping	9:30 Tai Chi
10:45 Silver Sneakers	10:30 Exercise Video	11:00 Nutrition Myths VS.	10:00 Knitting	10:45 Exercise with Glenda
10:45 Mad Hatter	10:30 Bocce	<u>Facts</u> presented by: Coop Ext.	10:00 Drawing	1:00 Zumba Glod Toning
Scattergories	10:30 Jewlery Making		10:30 Harmonaires	1:00 Follow & Paint
1:00 Writing Club	1:00 Soul Line Dancing		10:45 Rhythm & Movement	
2:15 Move with Balance	2:15 Yoga		10:45 What wouls You Do?	
	2:15 Device Technology		11:00 Painting	BINGO NIGHT FUNDRAISER
			1:00 Zumba	6:30 PM – 9:00 PM
			2:15 Move with Balance	
CHICKEN FRANCAISE	KIELBASA W/ SAUERKRAUT	CHICKEN BURRITO	2:15 Meditation/ SHELLS	VEGGIE BURGER
14	15	16	17	18
CENTER CLOSED EASTER BREAK	CENTER CLOSED EASTER BREAK	CENTER CLOSED EASTER BREAK	CENTER CLOSED EASTER BREAK	CENTER CLOSED EASTER BREAK

Worlday	Tuesday	Wednesday	Titursuay	Tituay
21	22	23	24	25
9:30 Zumba Gold	10:00 Sculpture	10:30 Special Friends	9:30 Hula Hooping	9:30 Tai Chi
10:45 Silver Sneakers	10:30 Exercise Video	1:00 Let's Talk Options	10:00 Knitting	10:45 Exercise with Glenda
10:45 Mad Hatter	10:30 Bocce	presented by: Anna from the	10:00 Drawing	1:00 Zumba Glod Toning
Scattergories	10:30 Jewlery Making	Arbors	10:30 Harmonaires	1:00 Follow & Paint
11:00 Red Hatter Meeting	1:00 Soul Line Dancing		10:45 Rhythm & Movement	
1:00 Writing Club	1:00 Pat's Party Bingo		10:45 What wouls You Do?	
2:15 Move with Balance	2:15 Yoga		11:00 Painting	
	2:15 Device Technology		1:00 Zumba	
			2:15 Move with Balance	
			2:15 Meditation	
BREADED CHICKEN	SAUSAGE & PEPPERS	BREADED FISH	PORK LOIN	VOLUNTEER LUNCHEON
28	29	30		
9:30 Zumba Gold	10:00 Sculpture	10:30 Special Friends		
10:00 BOD Meeting	10:30 Exercise Video	11:30 Celebration Day		
10:45 Silver Sneakers	10:30 Bocce	12:00 Lunch		
10:45 Mad Hatter	1:00 Soul Line Dancing	1:00 Spring Horse Racing		
Scattergories	2:15 Yoga			
1:00 Writing Club	2:15 Device Technology			
2:15 Move with Balance				
JUMBO RAVIOLI	HAMBURGER	CHICKEN MARSALA		

Wednesday



Tuesday

Monday

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

Thursday

Friday

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 EACH WAY

Exercise suggested contribution: \$1.00 TO \$2.00

Site Council Meeting: Wednesday April 2nd

Birthdays Celebration: Wednesday April 30th

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