

**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  <b>ACES SPRING REGISTRATION</b> <b>9:00 AM – 2:00 PM</b>  <b>SWEDISH MEATBALLS</b>	2 10:30 Special Friends 10:30 Business Meeting 1:00 Legal Sheild & You  <b>SPONSORED PIZZA PARTY</b>	3 9:30 Hula Hooping 10:00 Knitting 10:00 Drawing 10:30 Harmonaires 10:45 Rhythm & Movement 10:45 What wouls You Do? 11:00 Painting 1:00 Zumba 2:15 Move with Balance 2:15 Meditation <b>PENNA A LA VODKA W/CHIC</b>	4 9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Glod Toning 1:00 Follow & Paint  <b>BREADED FISH</b>
7 9:30 Zumba Gold 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance  <b>CHICKEN FRANCAISE</b>	8 10:00 Sculpture 10:30 Exercise Video 10:30 Bocce 10:30 Jewlery Making 1:00 Soul Line Dancing 2:15 Yoga 2:15 Device Technology  <b>KIELBASA W/ SAUERKRAUT</b>	9 10:30 Special Friends 11:00 <u><b>Nutrition Myths VS. Facts</b></u> presented by: Coop Ext.  <b>CHICKEN BURRITO</b>	10 9:30 Hula Hooping 10:00 Knitting 10:00 Drawing 10:30 Harmonaires 10:45 Rhythm & Movement 10:45 What wouls You Do? 11:00 Painting 1:00 Zumba 2:15 Move with Balance 2:15 Meditation/ <b>SHELLS</b>	11 9:30 Tai Chi 10:45 Exercise with Glenda 1:00 Zumba Glod Toning 1:00 Follow & Paint  <b>BINGO NIGHT FUNDRAISER</b> <b>6:30 PM – 9:00 PM</b>  <b>VEGGIE BURGER</b>
14  <b>CENTER CLOSED</b> <b>EASTER BREAK</b>	15  <b>CENTER CLOSED</b> <b>EASTER BREAK</b>	16  <b>CENTER CLOSED</b> <b>EASTER BREAK</b>	17  <b>CENTER CLOSED</b> <b>EASTER BREAK</b>	18  <b>CENTER CLOSED</b> <b>EASTER BREAK</b>

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