

November 2022

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

	<p>10:00 Sculpture 10:30 Wise Workouts 1:00 Line Dancing 2:15 Chair Yoga</p> <p>BREADED FISH</p>	<p>10:30 Business Meeting 10:30 Special Friends 1:00 <u>Assisted Devices</u> presented by: NY Physical Therapy 2:00 Book Club</p> <p>PORK LOIN</p>	<p>9:30 Strength with Samantha 10:00 Knitting 10:30 Harmonaires 10:00 Drawing 11:00 Painting 1:00 Move with Balance 2:15 Meditation</p> <p>VEGATABLE LASAGNA</p>	<p>9:30 Tai Chi 10:45 Chair Pilates 1:00 Seniors Speaking Spanish 1:00 Computer Technology</p> <p>ROAST CHICKEN W/ GRAVY</p>
<p>10:30 Qi Gong 10:45 Mad Hatter Scattergories 2:15 Move with Balance</p> <p>CHICKEN OVER SALAD</p>	<p> CENTER CLOSED</p>	<p>10:30 Special Friends 1:00 <u>Healthy Aging in Place</u> Presented by: LI Family and Eldercare</p> <p>SALISBURY STEAK</p>	<p>9:30 Strength with Samantha 10:00 Knitting 10:30 Harmonaires 10:00 Drawing 11:00 Painting 1:00 Move with Balance 2:15 Meditation</p> <p>CHICKEN FRANCAISE</p>	<p> CENTER CLOSED</p>
<p>10:30 Qi Gong 10:45 Mad Hatter Scattergories 11:00 Red Hat Mtg. 2:15 Move with Balance</p> <p>SAUSAGE & PEPPERS</p>	<p>10:00 Sculpture 10:30 Wise Workouts 1:00 Line Dancing 2:00 Book Club 2:15 Chair Yoga</p> <p>ROAST CHICKEN</p>	<p>10:30 Special Friends 11:00 <u>Understanding Sweeteners</u> presented by: Coop Ext. 1:00 <u>“Back Pain”</u> Presented by: NY Physical Therapy</p> <p>MEATLOAF</p>	<p>9:30 Strength with Samantha 10:00 Knitting 10:30 Harmonaires 10:00 Drawing 11:00 Painting 1:00 Move with Balance 2:15 Meditation</p> <p>SALMON BURGER</p>	<p>9:30 Tai Chi 10:45 Chair Pilates 1:00 Seniors Speaking Spanish 1:00 Computer Technology</p> <p>STUFFED SHELLS</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<div>21</div> <div>10:30 Qi Gong 10:45 Mad Hatter Scattergories 11:00 Red Hat Mtg. 2:15 Move with Balance</div> <div>ROAST TURKEY</div>	<div>22</div> <div>10:00 Sculpture 10:30 Wise Workouts 1:00 Line Dancing 1:00 Bingo with Pat 2:15 Chair Yoga</div> <div>VEGGIE BURGER</div>	<div>23</div> <div>10:30 Special Friends 11:00 <u>Medicare 101</u> presented by: Humana</div> <div>STUFFED PEPPERS</div>	<div>24</div> <div>  </div>	<div>25</div> <div>  </div>
<div>28</div> <div>10:30 Qi Gong 10:45 Mad Hatter Scattergories 11:00 Red Hat Mtg. 2:15 Move with Balance</div> <div>PENNE ALA VODKA WITH CHICKEN</div>	<div>29</div> <div>10:00 Sculpture 10:30 Wise Workouts 1:00 Line Dancing 2:00 Book Club 2:15 Chair Yoga</div> <div>BREADED CHICKEN</div>	<div>30</div> <div>10:30 Special Friends 11:30 Celebration Day!! 12:00 Lunch 1:00 Entertainer & Singer Jaque Lebas</div> <div>HAMBURGER</div>		



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Meals suggested contribution: \$3.00

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