

LUNCH MENU & CALENDAR – MARCH 2020 Westbury Senior Center

*Classes sponsored by NCDOH, OFA, NY SOFA & U.S. ADMIN ON AGING

**Classes sponsored by Donohue – Cecere Funeral Directors

***Classes sponsored by Heightened Security, Inc.

****Classes sponsored by Nassau County Medical Center

DIRECTOR: MAUREEN DROGE

ASSISTANT DIRECTOR: ANDREA PADINHA

PLEASE CALL THE DAY BEFORE BY 11 AM TO MAKE YOUR RESERVATION

CENTER PHONE # 334-5886

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 SPECIAL FRIENDS 2 1:00 LEGENDARY WOMAN OF LONG ISLAND GOLD COAST PRESENTED BY: MONICA RANDALL <u>ACES</u> 10:30 LINE DANCING 1:00 STRENGTH W/ SAMANTHA*** 1:00 PINOCHLE BBQ CHICKEN	9:30 WISE WORKOUTS – DVD 3 1:00 BOWLING @ GARDEN CITY BOWL <u>ACES</u> 10:00 SCULPTURE (downstairs) 10:30 WISE WORKOUTS* 1:00 YOGA 1:00 MAH JONGG / SCRABBLE 1:00 TEN PENNIES 2:15 MOVE & BALANCE** SALISBURY STEAK W/ MUSHROOMS	10:30 SPECIAL FRIENDS 4 10:30 GENERAL MEETING 1:00 FALL PREVENTION PRESENTED BY: CATHOLIC HOMECARE & GOOD SHEPHERD HOSPICE <u>ACES</u> 9:30 REFLECTION WRITING ROAST PORK LOIN	10:00 KNITTING 5 10:30 HARMONAIRES <u>ACES</u> 9:30 SILVER FOXES “A” 10:00 PAINTING (downstairs) 10:30 SILVER FOXES “B” STUFFED SHELLS/ RAVIOLI	<u>ACES</u> 10:30 QI GONG 6 1:00 OPEN BRIDGE 1:00 LET’S RELAX & COLOR BREADED FISH FILLET
10:30 SPECIAL FRIENDS 9 11:00 RED HAT SOCIETY MTG. 1:00 MEDICARE UPDATES PRESENTED BY: HICAP (HEALTH INSURANCE COUNCELING & ADVOCACY PROGRAM.) 1:00 LOCAL & GLOBAL ISSUES <u>ACES</u> 10:30 LINE DANCING 1:00 STRENGTH W/ SAMANTHA*** 1:00 PINOCHLE / PULLED PORK ON BUN	9:30 WISE WORKOUTS – DVD 10 1:00 BOWLING @ GARDEN CITY BOWL <u>ACES</u> 10:00 SCULPTURE (downstairs) 10:30 WISE WORKOUTS* 1:00 YOGA 1:00 MAH JONGG / SCRABBLE 1:00 TEN PENNIES 2:15 MOVE & BALANCE** PASTA BOLOGNESE	10:30 SPECIAL FRIENDS 11 12:00 SAINT PATRICK’S LUNCHEON @ GRAND STAGE DINER <u>ACES</u> 9:30 REFLECTION WRITING CHICKEN FRANCESE	10:00 KNITTING 12 10:30 HARMONAIRES <u>ACES</u> 9:30 SILVER FOXES “A” 10:00 PAINTING (downstairs) 10:30 SILVER FOXES “B” BEEF STEW	<u>ACES</u> 10:30 QI GONG 13 1:00 OPEN BRIDGE 1:00 LET’S RELAX & COLOR SESAME CRUSTED SALMON
10:00 BOARD OF DIRECTORS MTG. 16 10:30 SPECIAL FRIENDS 1:00 HEALTH ENLIGHTENMENT DAY PRESENTED BY: ABLE HEALTH CARE <u>ACES</u> 10:30 LINE DANCING 1:00 STRENGTH WITH SAMANTHA*** 1:00 PINOCHLE GRILLED ASIAN CHICKEN	9:30 WISE WORKOUTS – DVD 17 1:00 BOWLING @ GARDEN CITY BOWL <u>ACES</u> 10:00 SCULPTURE (downstairs) 10:30 WISE WORKOUTS* 1:00 YOGA 1:00 MAH JONGG / SCRABBLE 1:00 TEN PENNIES 2:15 MOVE & BALANCE** TURKEY TACO	9:00 TRIP – RESORTS CASINO 18 10:30 SPECIAL FRIENDS 10:30 POWER UP WITH BREAKFAST 1:00 ISLAND HARVEST OUTREACH QUESTIONS AND ANSWERS PRESENTATION <u>ACES</u> 9:30 REFLECTION WRITING SLICED ROAST TURKEY BREAST	10:00 KNITTING 19 10:30 HARMONAIRES <u>ACES</u> 9:30 SILVER FOXES “A” 10:00 PAINTING (downstairs) 10:30 SILVER FOXES “B” BROILED FLOUNDER W/ SAUCE	<u>ACES</u> 10:30 QI GONG 20 1:00 OPEN BRIDGE 1:00 LET’S RELAX & COLOR STUFFED SHELLS / RAVIOLI
10:30 SPECIAL FRIENDS 23 10:30 – 11:30 TONH SOCIAL WORKER 1:00 HEAP (HOME ENERGY ASSISTANCE PROGRAM) PRESENTATION <u>ACES</u> 10:30 LINE DANCING 1:00 STRENGTH WITH SAMANTHA*** 1:00 PINOCHLE BREADED LEMON CHICKEN	9:30 WISE WORKOUTS – DVD 24 1:00 BOWLING @ GARDEN CITY BOWL <u>ACES</u> 10:00 SCULPTURE (downstairs) 10:30 WISE WORKOUTS* 1:00 YOGA 1:00 MAH JONGG / SCRABBLE 1:00 TEN PENNIES 2:15 MOVE & BALANCE** CHICKEN ALFREDO PASTA	10:30 SPECIAL FRIENDS 25 10:30 BLOOD PRESSURE SCREENING 10:00 EXECUTIVE COMMITTEE MTG. 12:00 CELEBRATION DAY ENTERTAINMENT BY: CITY SOUNDS MUSIC BAND <u>ACES</u> 9:30 REFLECTION WRITING TURKEY MEATLOAF W/ GRAVY	10:00 KNITTING 26 10:30 HARMONAIRES <u>ACES</u> 9:30 SILVER FOXES “A” 10:00 PAINTING (downstairs) 10:30 SILVER FOXES “B” PULLED PORK ON A BUN	27 LOUNGE DAY CENTER OPEN FOR CARDS, GAMES & LUNCH ACES REGISTRATION THURSDAY APRIL 2, 2020 BAKED ZITI
10:30 SPECIAL FRIENDS 30 1:00 ESTATE PLANNING PRESENTED BY: ANGELA SEIGEL LOUNGE DAY CENTER IS OPEN FOR CARDS, GAMES & LUNCH GRILLED CHICKEN WITH GRAVY	31 LOUNGE DAY CENTER IS OPEN FOR CARDS, GAMES & LUNCH SAUSAGE & PEPPERS			