



Supervisor JOSEPH SALADINO and the Town Board present the **Senior Program January 6 - January 31, 2025**

Mondays (NO PROGRAM JAN. 20)

North Massapequa Community Center
214 N. Albany Avenue, Massapequa

10:00 AM
10:00 AM
10:30 AM

Hicksville Athletic Center
167 Broadway, Hicksville

1:30 PM
2:30 PM

Marjorie R. Post Community Center
Unqua and Merrick Roads, Massapequa

9:00 AM - 3:00 PM
10:00 AM
1:00 PM - 2:30 PM

Book Club **(ONLY Jan. 6)**
Rummikub, Games & Conversation
Yoga with Angela **(NEW CLASS)**
(Starts Jan. 13)
Tai Chi with Denise
Bingo

Exercise with Diane
(DOORS OPEN AT 1:00 PM NOT BEFORE)
Balance & Coordination with Diane

Rummikub, Games & Conversation
Cardio Dance with Michael
Karaoke



Tuesdays

North Massapequa Community Center
214 N. Albany Avenue, Massapequa

10:00 AM
11:00 AM - 2:30 PM
1:00 PM

Bethpage Community Park
1001 Stewart Avenue, Bethpage

12:00 PM
1:15 PM

Glen Head Community Center
200 Glen Head Road, Glen Head

9:30 AM - 12:00 PM
10:00 AM

Syosset-Woodbury Community Center
7800 Jericho Tpke., Woodbury

10:30 AM
1:30 PM - 2:30 PM

Rummikub, Games & Conversation
Open Bridge **(OPEN TO ALL)**
Exercise with Diane

Tai Chi with Denise
Line Dance with Fran

Rummikub, Games & Conversation
Cardio Dance with Michael

Yoga with Angela **(NEW CLASS: Starts Jan. 14)**
Drum Groove with Michael

Wednesdays

North Massapequa Community Center
214 N. Albany Avenue, Massapequa

9:30 AM
10:00 AM
12:00 PM
1:15 PM

Syosset-Woodbury Community Center
7800 Jericho Tpke., Woodbury

10:00 AM
10:30 AM
12:30 PM
1:00 PM
1:00 PM - 3:00 PM

Glen Head Community Center
200 Glen Head Road, Glen Head

9:30 AM - 11:30 AM
11:30 AM
1:00 PM - 2:30 PM

Knitting & Crocheting
Rummikub, Games & Conversation
Tai Chi with Denise
Seated Meditation & Exercise with Denise

Rummikub, Games & Conversation
Silver Songbirds Choral Group
Bingo
Art with Jock
Knitting and Crocheting
(NO Knitting and Crocheting Jan. 22)

Open Bridge **(OPEN TO ALL)**
Yoga with Maru **(NEW CLASS: Starts Jan. 8)**
Karaoke

Thursdays

North Massapequa Community Center
214 N. Albany Avenue, Massapequa

10:00 AM
10:00 AM
12:00 PM
1:00 PM

Syosset-Woodbury Community Center
7800 Jericho Tpke., Woodbury

10:00 AM
11:00 AM - 2:30 PM
11:30 AM
1:30 PM

William P. Bennett Hicksville Community Center
28 W. Carl Street, Hicksville

9:15 AM
9:30 AM
11:00 AM
1:30 PM

Rummikub, Games & Conversation
Beginner Bridge with Anne **(NEW 8 WEEK CLASS)**
(Starts Jan. 16)
Ceramics **(NEW TIME: ONLY Jan. 9)**
Art with Jock

Intermediate Line Dance with Fran
Open Bridge **(OPEN TO ALL) (NO Bridge Jan.23)**
Beginner Line Dance with Fran
Exercise with Diane

Cards, Games & Mah Jong on your own
Yoga with Maru **(NEW CLASS: Starts Jan. 9)**
Karaoke
Cardio Dance with Michael

Fridays

North Massapequa Community Center
214 N. Albany Avenue, Massapequa

9:00 AM - 1:00 PM
10:30 AM
1:00 PM
1:00 PM

William P. Bennett Hicksville Community Center
28 W. Carl Street, Hicksville

10:00 AM
10:00 AM
12:15 PM
12:30 PM - 1:30 PM
1:15 PM

Marjorie R. Post Community Center
Unqua and Merrick Roads, Massapequa

10:00 AM
10:00 AM - 11:00 AM
12:30 PM - 1:30 PM
1:00 PM - 3:00 PM

Golden Tones Entertainment Group
Tai Chi with Denise
Rummikub, Games & Conversation
Line Dance with Fran

Art with Jock
Rummikub, Games & Conversation
Tai Chi with Denise
FREE Manicures **(ONLY Jan. 31)**
Bingo

Rummikub, Games & Conversation
Drum Groove with Michael
Drum Groove with Michael
Play Canasta **(No Instruction)**



Supervisor Joseph
SALADINO
www.OysterBayTown.com

Louis B. Imbroto
Steve Labriola
Vicki Walsh
Town Clerk
Richard LaMarca

Thomas P. Hand
Laura L. Maier
Receiver of Taxes
Jeffrey P. Pravato

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