



# Supervisor JOSEPH SALADINO and the Town Board present the **Senior Program April 1 - April 30, 2025**

Bring hand weights for classes with Diane

**Mondays**

North Massapequa Community Center 214 N. Albany Avenue, Massapequa	10:00 AM 10:00 AM 10:30 AM 12:15 PM 1:30 PM	Book Club ( <b>ONLY Apr. 7</b> ) Rummikub, Games & Conversation Yoga with Angela Tai Chi with Denise ( <b>NO Class Apr. 14 &amp; 21</b> ) Bingo
Hicksville Athletic Center 167 Broadway, Hicksville	1:30 PM	Exercise with Diane <b>(DOORS OPEN AT 1:00 PM NOT BEFORE)</b> Balance & Coordination with Diane
<b>No Programs Here Apr. 14</b>	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 1:00 PM - 3:00 PM	Rummikub, Games & Conversation Cardio Dance with Michael Karaoke Advanced Beginner Bridge with Anne <b>(10 WEEK CLASS STARTING Apr. 7)</b>

**Tuesdays**

North Massapequa Community Center 214 N. Albany Avenue, Massapequa	10:00 AM 11:00 AM - 2:30 PM 1:00 PM	Rummikub, Games & Conversation Open Bridge ( <b>OPEN TO ALL</b> ) Exercise with Diane
Bethpage Community Park 1001 Stewart Avenue, Bethpage	12:00 PM 1:15 PM	Tai Chi with Denise Line Dance with Fran ( <b>NO Class Apr. 22</b> )
Glen Head Community Center 200 Glen Head Road, Glen Head	9:30 AM - 12:00 PM 10:00 AM	Rummikub, Games & Conversation Cardio Dance with Michael
Syosset-Woodbury Community Center 7800 Jericho Tpke., Woodbury	10:30 AM 1:30 PM - 2:30 PM	Yoga with Angela 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	Knitting & Crocheting Rummikub, Games & Conversation Tai Chi with Denise Seated Meditation & Exercise with Denise
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 1:30 PM	Rummikub, Games & Conversation Silver Songbirds Choral Group Bingo Art with Jock Knitting and Crocheting Nassau County Comptroller Elaine Phillip's Senior Self-Defense Workshop ( <b>ONLY Apr. 2</b> )
Glen Head Community Center 200 Glen Head Road, Glen Head	9:30 AM - 11:30 AM 10:00 AM 11:30 AM 1:00 PM - 2:30 PM	Open Bridge ( <b>OPEN TO ALL</b> ) Drum Groove with Michael <b>(NEW CLASS STARTING Apr. 2)</b> Yoga with Maru Karaoke

**Thursdays**

North Massapequa Community Center 214 N. Albany Avenue, Massapequa	10:00 AM 1:00 PM	Rummikub, Games & Conversation Art with Jock
Syosset-Woodbury Community Center 7800 Jericho Tpke., Woodbury	10:00 AM 11:00 AM - 2:30 PM 11:30 AM 1:30 PM	Intermediate Line Dance with Fran Open Bridge ( <b>OPEN TO ALL</b> ) Beginner Line Dance with Fran Exercise with Diane
William P. Bennett Hicksville Community Center 28 W. Carl Street, Hicksville	9:15 AM 9:30 AM 11:00 AM 12:30 PM 1:30 PM	Cards, Games & Mah Jong on your own Yoga with Maru Karaoke Nassau County Comptroller Elaine Phillip's Senior Self-Defense Workshop ( <b>ONLY Apr. 10</b> ) Cardio Dance with Michael

**Fridays (NO PROGRAMS APR. 18)**

North Massapequa Community Center 214 N. Albany Avenue, Massapequa	9:00 AM - 1:00 PM 10:30 AM 1:00 PM 1:00 PM	Golden Tones Entertainment Group Tai Chi with Denise ( <b>NO Class Apr. 4</b> ) Rummikub, Games & Conversation Line Dance with Fran ( <b>NO Class Apr. 4</b> )
William P. Bennett Hicksville Community Center 28 W. Carl Street, Hicksville	10:00 AM 10:00 AM 12:15 PM 1:15 PM 10:00 AM - 1:45 PM	Art with Jock Rummikub, Cards, Games & Mah Jong on your own Tai Chi with Denise Bingo St. Francis Outreach Bus ( <b>ONLY Apr. 25</b> )
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 1:45 PM	Cards & Games Drum Groove with Michael Drum Groove with Michael Rummikub, Cards & Games Nassau County Comptroller Elaine Phillip's Senior Self-Defense Workshop ( <b>ONLY Apr. 25</b> )

Please call 516-797-7916 for more information.



Supervisor Joseph **SALADINO**  
www.OysterBayTown.com

Town Supervisor  
**JOSEPH SALADINO**  
Town Board

Louis B. Imbroto Steve Labriola Vicki Walsh Town Clerk Richard LaMarca		Thomas P. Hand Laura L. Mater Andrew A. Monteleone Receiver of Taxes Jeffrey P. Pravato
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