



Supervisor JOSEPH SALADINO and the Town Board present the **Senior Program** **March 1 - March 31, 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 11:30 AM	Book Club (ONLY Mar. 3) Rummikub, Games & Conversation Yoga with Angela Comptroller Elaine Phillip's Senior Self-Defense Workshop (ONLY Mar. 3)
	12:15 PM 1:30 PM	Tai Chi with Denise (12:30PM ONLY Mar. 3) Bingo (1:45PM ONLY Mar. 3)
Hicksville Athletic Center 167 Broadway, Hicksville	10:00 AM - 1:45 PM 1:30 PM 2:30 PM 2:30 PM	St. Francis Outreach Bus (ONLY Mar. 17) Exercise with Diane (DOORS OPEN AT 1:00 PM NOT BEFORE) Balance & Coordination with Diane (NO Class Mar. 10) Comptroller Elaine Phillip's Senior Self-Defense Workshop (ONLY Mar. 10)
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 1:30 PM - 3:30 PM	Rummikub, Games & Conversation Cardio Dance with Michael Karaoke (12:15PM ONLY Mar. 31) DA Scam Prevention Presentation (ONLY Mar. 31)

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 (OPEN TO ALL) Exercise with Diane
Bethpage Community Park 1001 Stewart Avenue, Bethpage	12:00 PM 1:00 PM 1:15 PM	Tai Chi with Denise Comptroller Elaine Phillip's Senior Self-Defense Workshop (ONLY Mar. 25) Line Dance with Fran (2:00PM ONLY Mar. 25)
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	Rummikub, Games & Conversation Silver Songbirds Choral Group Bingo Art with Jock Knitting and Crocheting
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	Open Bridge (OPEN TO ALL) Yoga with Maru Karaoke

Thursdays

North Massapequa Community Center 214 N. Albany Avenue, Massapequa	10:00 AM 10:00 AM 1:00 PM	Rummikub, Games & Conversation Beginner Bridge with Anne (LAST CLASS Mar. 6) 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 10:00 AM - 1:45 PM	Intermediate Line Dance with Fran Open Bridge (OPEN TO ALL) Beginner Line Dance with Fran Exercise with Diane St. Francis Outreach Bus (ONLY Mar. 6)
William P. Bennett Hicksville Community Center 28 W. Carl Street, Hicksville	9:15 AM 9:30 AM 11:00 AM 1:30 PM 1:30 PM - 3:30 PM	Cards, Games & Mah Jong on your own Yoga with Maru Karaoke Cardio Dance with Michael (12:15PM ONLY Mar. 13) DA Scam Prevention Presentation (ONLY Mar. 13)

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	Golden Tones Entertainment Group Tai Chi with Denise Rummikub, Games & Conversation Line Dance with Fran
William P. Bennett Hicksville Community Center 28 W. Carl Street, Hicksville	10:00 AM 10:00 AM 12:15 PM 1:15 PM	Art with Jock Rummikub, Cards, Games & Mah Jong on your own Tai Chi with Denise Bingo
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	Cards & Games Drum Groove with Michael Drum Groove with Michael Rummikub, Cards & Games

Please call 516-797-7916 for more information.



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

Town Supervisor
JOSEPH SALADINO
Town Board

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