



# Supervisor JOSEPH SALADINO and the Town Board present the **Senior Program April 1 - 30, 2026**

Bring hand weights for classes with Diane

## Mondays

North Massapequa Community Center  
214 N. Albany Avenue, Massapequa

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

Book Club (**ONLY Apr. 6**)  
Rummikub, Games & Conversation  
Chair Yoga with Angela (**NO Class Apr. 27**)  
Chair Yoga with Maru (**ONLY Apr. 27**)  
Tai Chi with Denise  
Bingo

Hicksville Athletic Center  
167 Broadway, Hicksville

1:30 PM  
2:30 PM

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

**No Programs Here Apr. 6, 13 & 20**

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

1:30 PM  
2:30 PM

Exercise with Diane (**DOORS OPEN AT 1:00 PM NOT BEFORE**)  
**(ONLY Apr. 13 & 20)**  
Balance & Coordination with Diane  
**(ONLY Apr. 13 & 20)**

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

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

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

Bethpage Community Park  
1001 Stewart Avenue, Bethpage

12:00 PM  
1:15 PM

Tai Chi with Denise (**NO Class Apr. 7**)  
Line Dance with Fran (**NO Class Apr. 7**)

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

Chair 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  
9:45 AM  
11:00 AM  
1:00 PM - 2:30 PM

Open Bridge (**OPENTO ALL**)  
Drum Groove with Michael  
Chair Yoga with Maru  
Karaoke

## Thursdays

North Massapequa Community Center  
214 N. Albany Avenue, Massapequa

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

Rummikub, Games & Conversation  
Intermediate Bridge with Anne (**Last Class Apr. 16**)  
Creative Crafts with Debbie  
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 (**OPENTO ALL**)  
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  
1:30 PM

Cards, Games & Mah Jong on your own  
Chair Yoga with Maru  
Karaoke  
Cardio Dance with Michael

## Fridays (NO PROGRAMS APR. 3)

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  
Advanced Line Dance with Fran (**NO Class Apr. 17**)

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

10:00 AM  
12:15 PM  
1:15 PM  
10:00 AM - 1:45 PM

Rummikub, Cards, Games & Mah Jong on your own  
Tai Chi with Denise  
Bingo  
St. Francis Outreach Bus (**ONLY Apr. 24**)

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

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

Rummikub, Cards & Games  
Drum Groove with Michael  
Drum Groove with Michael

**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. Maier  
Andrew A. Monteleone  
Receiver of Taxes  
Jeffrey P. Pravato

[www.oysterbaytown.com](http://www.oysterbaytown.com)

(516) 797-7916

[/TownOfOysterBay](https://www.facebook.com/TownOfOysterBay)