



Supervisor JOSEPH SALADINO and the Town Board present the **Senior Program February 1-28, 2026**

Bring hand weights for classes with Diane

Mondays (NO PROGRAM FEB. 16)			
North Massapequa Community Center 214 N. Albany Avenue, Massapequa	9:30 AM 10:00 AM 10:30 AM 12:15 PM 1:30 PM	Book Club (ONLY Feb. 2) Rummikub, Games & Conversation Chair Yoga with Angela 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	
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 (OPEN TO ALL) Exercise with Diane	
Bethpage Community Park 1001 Stewart Avenue, Bethpage (No Programs Here Feb. 17)	12:00 PM 1:15 PM	Tai Chi with Denise Line Dance with Fran	
William P. Bennett Hicksville Community Center 28 W. Carl Street, Hicksville	1:15 PM	Line Dance with Fran (ONLY Feb. 17)	
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 (NO Class Feb. 18) 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 (OPEN TO 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 1:00 PM	Rummikub, Games & Conversation Creative Crafts with Debbie Art with Jock (NO Class Feb. 19)	
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 (OPEN TO 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			
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	
William P. Bennett Hicksville Community Center 28 W. Carl Street, Hicksville	10:00 AM 12:15 PM 1:15 PM	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 - 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
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