



Supervisor JOSEPH SALADINO and the Town Board present the **Senior Program January 5 - 30, 2026**



Mondays (NO PROGRAM JAN. 19)			
North Massapequa Community Center 214 N. Albany Avenue, Massapequa	9:30 AM	Book Club (ONLY Jan. 5)	
	10:00 AM	Rummikub, Games & Conversation	
Hicksville Athletic Center 167 Broadway, Hicksville	10:30 AM	Chair Yoga with Angela	
	12:15 PM	Tai Chi with Denise	
Marjorie R. Post Community Center Unqua and Merrick Roads, Massapequa	1:30 PM	Bingo	
	9:00 AM - 3:00 PM	Exercise with Diane (DOORS OPEN AT 1:00 PM NOT BEFORE)	
	10:00 AM	Balance & Coordination with Diane	
	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	Rummikub, Games & Conversation	
	11:00 AM - 2:30 PM	Open Bridge (OPEN TO ALL)	
Bethpage Community Park 1001 Stewart Avenue, Bethpage	1:00 PM	Exercise with Diane	
	12:00 PM	Tai Chi with Denise	
Glen Head Community Center 200 Glen Head Road, Glen Head	1:15 PM	Line Dance with Fran	
	9:30 AM - 12:00 PM	Rummikub, Games & Conversation	
Syosset-Woodbury Community Center 7800 Jericho Tpke., Woodbury	10:00 AM	Cardio Dance with Michael	
	10:30 AM	Chair Yoga with Angela	
	12:00 PM - 1:00 PM	Northwell Health Presents: Treat Your Feet Workshop (ONLY Jan. 6)	
	12:00 PM - 1:00 PM	Northwell Health Presents: Ultrasound & Nuclear Stress Test Info Session (ONLY Jan. 13)	
	1:30 PM	Drum Groove with Michael	

Wednesdays			
North Massapequa Community Center 214 N. Albany Avenue, Massapequa	9:30 AM	Knitting & Crocheting	
	10:00 AM	Rummikub, Games & Conversation	
	12:00 PM	Tai Chi with Denise	
	1:15 PM	Seated Meditation & Exercise with Denise	
Syosset-Woodbury Community Center 7800 Jericho Tpke., Woodbury	10:00 AM	Rummikub, Games & Conversation	
	10:30 AM	Silver Songbirds Choral Group	
	12:30 PM	Bingo	
	1:00 PM	Art with Jock	
	1:00 PM - 3:00 PM	Knitting and Crocheting	
Glen Head Community Center 200 Glen Head Road, Glen Head	9:30 AM - 11:30 AM	Open Bridge (OPEN TO ALL)	
	9:45 AM	Drum Groove with Michael	
	11:00 AM	Chair Yoga with Maru	
	1:00 PM - 2:30 PM	Karaoke	

Thursdays			
North Massapequa Community Center 214 N. Albany Avenue, Massapequa	10:00 AM	Rummikub, Games & Conversation	
	10:00 AM	Creative Crafts with Debbie	
	1:00 PM	Art with Jock	
Syosset-Woodbury Community Center 7800 Jericho Tpke., Woodbury	10:00 AM	Intermediate Line Dance with Fran	
	11:00 AM - 2:30 PM	Open Bridge (OPEN TO ALL)	
	11:30 AM	Beginner Line Dance with Fran	
	1:30 PM	Exercise with Diane	
William P. Bennett Hicksville Community Center 28 W. Carl Street, Hicksville	9:15 AM	Cards, Games & Mah Jong on your own	
	9:30 AM	Chair Yoga with Maru	
	11:00 AM	Karaoke	
	1:30 PM	Cardio Dance with Michael	

Fridays			
North Massapequa Community Center 214 N. Albany Avenue, Massapequa	9:00 AM - 1:00 PM	Golden Tones Entertainment Group (STARTS Jan. 16)	
	10:30 AM	Tai Chi with Denise	
	1:00 PM	Rummikub, Games & Conversation	
	1:00 PM	Advanced Line Dance with Fran	
William P. Bennett Hicksville Community Center 28 W. Carl Street, Hicksville	10:00 AM	Rummikub, Cards, Games & Mah Jong on your own	
	12:15 PM	Tai Chi with Denise	
	1:15 PM	Bingo	
Marjorie R. Post Community Center Unqua and Merrick Roads, Massapequa	10:00 AM - 3:00 PM	Rummikub, Cards & Games	
	10:00 AM - 11:00 AM	Drum Groove with Michael	
	12:30 PM - 1:30 PM	Drum Groove with Michael	

Please call 516-797-7916 for more information



Supervisor Joseph
SALADINO
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Town Supervisor
JOSEPH SALADINO
Town Board

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

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