



Supervisor **JOSEPH SALADINO** and the Town Board present the

Senior Program May 1 - 29, 2026

Bring hand weights for classes with Diane

Mondays (NO PROGRAMS MAY 25)

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 May 4**)
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

12:00 PM
1:15 PM

Tai Chi with Denise
Line Dance with Fran

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

Meet representatives from NNORCIYCC and learn about services available
Syosset-Woodbury
May 5
11AM-2PM

Wednesdays (NO PROGRAMS MAY 6)

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
10:00 AM - 1:45 PM

Open Bridge (**OPEN TO ALL**)
Drum Groove with Michael
Chair Yoga with Maru
Karaoke
St. Francis Outreach Bus (**ONLY May 27**)

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

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
Recorder of Towns
Jeffrey P. Pravato

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