



Supervisor JOSEPH SALADINO and the Town Board present the **Senior Program September 8-30, 2026**

Mondays (PROGRAMS START SEPT. 28)

North Massapequa Community Center
214 N. Albany Avenue, Massapequa

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

Rummikub, Games & Conversation
Chair Yoga with Angela
A.F.A. Gametime Presents "Jeopardy"
(ONLY Sept. 28)
Bingo

Bring hand weights for classes with Diane

Hicksville Athletic Center
167 Broadway, Hicksville

1:30 PM
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
10:30 AM
11:00 AM - 2:30 PM
12:00 PM - 2:00 PM

Rummikub, Games & Conversation
Exercise with Diane (**ONLY Sept 22 Time Change**)
Open Bridge (**OPEN TO ALL**)
Nassau County Department of Assessment
HELP Program Outreach (ONLY Sept. 22)
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

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 (**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 - 12:00 PM
1:00 PM

Rummikub, Games & Conversation
Beginner Bridge (**9 WEEK CLASS**)
(STARTS Sept. 24)
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

Town Supervisor
JOSEPH SALADINO
Town Board



Thomas P. Hand
Laura L. Maier
Andrew A. Monteleone
Receiver of Taxes
Jeffrey P. Pravato

www.oysterbaytown.com

(516) 797-7916

/TownOfOysterBay