**The Senior Center**

6 Golf Club Lane – Garden City, NY 11530 516-385-8006

**May 2024**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  |  |
|  |  | 1 | 2 | **3** |
|  | **\*Denotes an established group.**  **+ Denotes reservations required.**  **++Denotes a “pay to go” class/event.**    **For further information on becoming a member of any group, please see the front desk, or call (516) 385-8006** | **10:00 Exercise with Felicia**  **11:15 Senior Dance/Performance Group++**  **12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)** | **10:45 Real Estate Seminar with Erin Fleischmann+**  **11:15 Mat Yoga**  **Noon: Retired Men’s Club\*** | **10:00 Exercise with Felicia**  **11:00 Resistance Bands with Felicia**  **11:45 Chair Yoga with Maggie** |
| **6** | **7** | **8** | **9** | **10** |
| **10:00 Exercise with Felicia**  **Noon – 4:00 Retired Men’s Club\***  **2:00 Knitting, Crochet and Handicrafts** | **11:15 Chair Yoga with Maggie** | **12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)** | **11:15 Mat Yoga**  **Noon: Retired Men’s Club\*** | **11:45 Chair Yoga with Maggie** |
| **13** | **14** | **15** | **16** | **17** |
| **10:00 Exercise with Felicia**  **Noon – 4:00 Retired Men’s Club\***  **2:00 Knitting, Crochet and Handicrafts** | **11:15 Chair Yoga with Maggie** | **12:15 BINGO with Erin Fleischmann+**  **12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)** | **11:15 Mat Yoga**  **Noon: Retired Men’s Club\*** | **11:45 Chair Yoga with Maggie** |
| **20** | **21** | **22** | **23** | **24** |
| **10:00 Exercise with Felicia**  **Noon – 4:00 Retired Men’s Club\***  **2:00 Knitting, Crochet and Handicrafts** | **11:15 Chair Yoga with Maggie** | **10:00 Exercise with Felicia**  **11:15 Senior Dance/Performance Group++**  **12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)** | **10:30-12:30 Individual 20 minute computer/phone tech help+**  **11:15 Mat Yoga**  **Noon: Retired Men’s Club\*** | **10:00 Exercise with Felicia**  **11:00 Resistance Bands with Felicia**  **11:45 Chair Yoga with Maggie** |
| **27** | **28** | **29** | **30** | **31** |
| **Memorial Day – Center is Closed** | **11:15 Chair Yoga with Maggie**  **12:30 Butterfly Memory Café sponsored by “A Gentle Touch Homecare” call (631) 647-7622 for reservations.+** | **12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)** | **11:15 Mat Yoga**  **Noon: Retired Men’s Club\***  **2:00 Classic Broadway Show Music with George Salem DJ+** | **10:00 Exercise with Felicia**  **11:00 Resistance Bands with Felicia**  **11:45 Chair Yoga with Maggie** |