**The Senior Center**

6 Golf Club Lane – Garden City, NY 11530

**August 2025 516-385-8006**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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|  | **For further information on becoming a member of any group, please see the front desk, or call (516) 385-8006** | **\* Denotes an established group.**  **+ Denotes reservations required.**  **++Denotes a “pay to go” class/event.** | **Noon – 4:00 Retired Men’s Group\***  **1:30-3:30 Pool Chat Group\* (all are welcome, bring your lunch.)** | **10:00 Exercise with Felicia**  **11:00 Resistance Bands with Felicia**  **REMINDER:**  **Trip to see Music Man on Sunday, 8/3** |
| **4** | **5** | **6** | **7** | **8** |
| **10:00 Exercise with Amelia, subbing for Felicia**  **Noon – 4:00 Retired Men’s Group\***  **Ask about our Monday evening Duplicate Bridge Group** | **Meditation and Yoga with Tania CANCELLED**    **1:00-3:00 Open Ping Pong** | **10:00 Exercise with Felicia**  **12:30 – 3:00 Lunch Group\* (all are welcome, bring your lunch!)** | **Noon – 4:00 Retired Men’s Group\***  **1:30-3:30 Pool Chat Group\* (all are welcome, bring your lunch.)** | **10:00 Exercise with Felicia**  **11:00 Resistance Bands with Felicia** |
| **11** | **12** | **13** | **14** | **15** |
| **10:00 Exercise with Felicia**  **Noon – 4:00 Retired Men’s Group\***  **Ask about our Monday evening Duplicate Bridge Group** | **Meditation and Yoga with Tania CANCELLED**  **1:00-3:00 Open Ping Pong** | **10:00 Exercise with Felicia**  **12:00 BINGO with Erin Fleischmann+**  **12:30 – 3:00 Lunch Group\* (all are welcome, bring your lunch!)** | **Noon – 4:00 Retired Men’s Group\***  **1:30-3:30 Pool Chat Group\* (all are welcome, bring your lunch.)** | **10:00 Exercise with Felicia**  **11:00 Resistance Bands with Felicia** |
| **18** | **19** | **20** | **21** | **22** |
| **10:00 Exercise with Felicia**  **Noon – 4:00 Retired Men’s Group\***  **Ask about our Monday evening Duplicate Bridge Group** | **9:45 Yoga with Cathy (subbing for Tania)**  **1:00-3:00 Open Ping Pong** | **10:00 Exercise with Felicia**  **12:30 – 3:00 Lunch Group\* (all are welcome, bring your lunch!)** | **Noon – 4:00 Retired Men’s Group\***  **1:30-3:30 Pool Chat Group\* (all are welcome, bring your lunch.)** | **10:00 Exercise with Felicia**  **11:00 Resistance Bands with Felicia** |
| **25** | **26** | **27** | **28** | **29** |
| **10:00 Exercise with Felicia**  **Noon – 4:00 Retired Men’s Group\***  **Ask about our Monday evening Duplicate Bridge Group** | **Meditation and Yoga with Tania CANCELLED**  **11:00 NYU Information Session: Stop the Bleed Training.**    **1:00-3:00 Open Ping Pong** | **10:00 Exercise with Felicia**  **12:30 – 3:00 Lunch Group\* (all are welcome, bring your lunch!)** | **Noon – 4:00 Retired Men’s Group\***  **1:30-3:30 Pool Chat Group\* (all are welcome, bring your lunch.)** | **10:00 Exercise with Felicia**  **11:00 Resistance Bands with Felicia** |