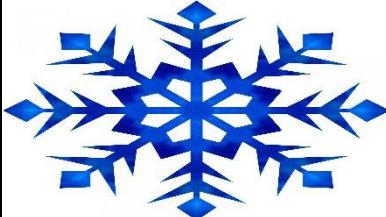


**The Senior Center**

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

# January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
++Denotes a “pay to go” activity. To join, please visit the front desk or see Felicia. + Denotes registration is required				10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia 2:00-3:30 Open Chess
5	6	7	8	9
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Group*  Ask about the Monday evening Duplicate Bridge Group	11:30-1:30 Open Mah Jongg bring your lunch and a set. 12:00 Workshop: Frauds and Scams 1:00-3:00 Open Ping Pong 2:00 Cardio With Cathy	10:00 Exercise with Felicia 11:15 Senior Dance/Performance Group++ 12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)	9:15 Meditation with Tania 9:45 Chair Yoga with Tania Noon – 4:00 Retired Men’s Group* 1:30-3:30 Pool Chat Group (all are welcome, bring your lunch!)	10:00 Exercise with Antoinette++ 12:00 Tai Chi Sponsored by the Bristol Garden City^^ 2:00 Open Chess
12	13	14	15	16
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Group*  Ask about the Monday evening Duplicate Bridge Group	11:30-1:30 Open Mah Jongg bring your lunch and a set. 1:00-3:00 Open Ping Pong	10:00 Exercise with Felicia 11:15 Senior Dance/Performance Group++ 12:15 BINGO with Erin Fleischmann 12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)	9:15 Meditation with Tania 9:45 Chair Yoga with Tania Noon – 4:00 Retired Men’s Group* 1:30-3:30 Pool Chat Group (all are welcome, bring your lunch!)	10:00 Exercise with Antoinette++ 11:30 1:00 Dance Journey Through time series with Madalyn+ 2:00-3:30 Open Chess
19	20	21	22	23
Martin Luther King Jr Day Senior Center is Closed 	10:30 Zumba Gold with Andrea++ 11:30 NYU EMS Subject: Making Sense of Advanced Directives 11:30-1:30 Open Mah Jongg bring your lunch and a set. 1:00-3:00 Open Ping Pong	10:00 Exercise with Felicia 11:15 Senior Dance/Performance Group++ 12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)	9:15 Meditation with Tania 9:45 Chair Yoga with Tania Noon – 4:00 Retired Men’s Group* 1:30-3:30 Pool Chat Group (all are welcome, bring your lunch!)	10:00 Exercise with Antoinette++ 2:00-3:30 Open Chess
26	27	28	29	30
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Group*  Ask about the Monday evening Duplicate Bridge Group	10:30 Zumba Gold with Andrea++ 11:30-1:30 Open Mah Jongg bring your lunch and a set. 1:00-3:00 Open Ping Pong	10:00 Exercise with Felicia 11:15 Senior Dance/Performance Group++ 12:15 Identity Theft Workshop 12:30– 3:00 Lunch Group (all are welcome, bring your lunch!)	9:15 Meditation with Tania 9:45 Chair Yoga with Tania Noon – 4:00 Retired Men’s Group* 1:30-3:30 Pool Chat Group (all are welcome, bring your lunch!)	10:00 Exercise with Antoinette++ 2:00-3:30 Open Chess

