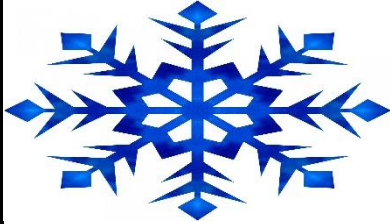




# The Senior Center

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

# January 2026

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

