The Senior Center

6 Golf Club Lane – Garden City, NY 11530

## **July 2024**

516-385-8006

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30 Open Card/Game Time 10:00 Exercise with Felicia Noon – 4:00 Retired Men's Group* 2:00 Knitting, Crochet and Handicrafts		10:00 Exercise with Felicia 12:30– 3:00 Lunch Group*(all are	Independence Day – Center is Closed	9:30 Open Card/Game Time 10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women's Bridge*
8	9	10	11	12
9:30 Open Card/Game Time 10:00 Exercise with Felicia Noon – 4:00 Retired Men's Group* 2:00 Knitting, Crochet and Handicrafts	9:30 Open Card/Game Time 12:00 Craniosacral/PT Workshop/Luncheon with Dr Anjali +	9:30 Open Card/Game Time 10:00 Exercise with Felicia 12:30 – 3:00 Lunch Group*(all are welcome, bring your lunch!)	9:30 Open Card/Game Time Noon – 4:00 Retired Men's Group*	9:30 Open Card/Game Time Noon -4:00 Senior Women's Bridge Group*
15	16	17	18	19
9:30 Open Card/Game Time Noon – 4:00 Retired Men's Group* 2:00 Knitting, Crochet and Handicrafts	9:30 Open Card/Game Time	9:30 Open Card/Game Time 10:00 Exercise with Felicia 12:30 – 3:00 Lunch Group*(all are welcome, bring your lunch!)	9:30 Open Card/Game Time Noon – 4:00 Retired Men's Group*	9:30 Open Card/Game Time 10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women's Bridge Group*
22	23	24	25	26
9:30 Open Card/Game Time 10:00 Exercise with Felicia Noon – 4:00 Retired Men's Group* 2:00 Knitting, Crochet and Handicrafts	9:30 Open Card/Game Time	9:30 Open Card/Game Time 10:00 Exercise with Felicia 12:00 BINGO with Erin Fleischmann+ 12:30 – 3:00 Lunch Group*(all are welcome, bring your lunch!)	9:30 Open Card/Game Time Noon – 4:00 Retired Men's Group*	9:30 Open Card/Game Time 10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women's Bridge Group*
29	30	31		
9:30 Open Card/Game Time 10:00 Exercise with Felicia Noon – 4:00 Retired Men's Group* 2:00 Knitting, Crochet and Handicrafts	9:30 Open Card/Game Time	9:30 Open Card/Game Time 10:00 Exercise with Felicia 12:30 – 3:00 Lunch Group*(all are welcome, bring your lunch!)	H's Summer	*Denotes an established group. + Denotes reservations required. ++Denotes a "pay to go" class/event.