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City of Long Beach



Parks & Recreation Department

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Asst. Superintendent
Parks & Recreation
 Paul Ferrante



SENIOR DAY Programs for Seniors at the MLK Center

Are you a senior and looking for activities to participate in? Come join the Long Beach Recreation Department as we host a variety of senior activities every Tuesday & Thursday from 10am-2pm. Activities will include spades, chess, checkers, golf, shuffleboard, ping pong, and much more. Lunch will also be provided. All activities are **FREE** of cost.



Location: Martin Luther King Center
 615 Riverside Blvd. Long Beach, NY 11561

Dates: Tuesday's & Thursday's, 10:00am – 2:00pm starting on February 2nd.

Please check any areas of interest:

Trips____ Bid Wisk ____ Spades ____ Chess/Checkers____ Cooking ____ Crochet____

Knitting____ Zumba____ Quilting____ Fitness____ Photo____ Baking____

Name _____ **Age** _____

Address _____

Phone _____

Emergency Contact _____

Emergency Phone Number _____

I fully understand that I must abide by all the Rules and Regulations set forth by the Parks and Recreation Department. I also agree to follow those rules that apply to me as a parent and spectator. The Codes of Conduct can be found on the web at www.longbeachny.gov/rec. I hereby authorize and give full consent to the City of Long Beach to use and or publish photographs or video in which I may appear while participating in Parks and Recreation programs and grant permission for publication or use of those images.

Signature _____ **Date** _____