

The City of Long Beach Magnolia Senior/Community Center provides its residents (age 60+) with one of the finest adult recreation and enrichment centers on Long Island. The Center offers a large variety of exciting programs conducted in a modern and cheerful facility. The programs are available to senior citizens living within the City of Long Beach boundaries which run from Nevada Ave. to Maple Blvd.

The Center is popular and very well attended. Please assist us by taking a few minutes to familiarize yourself with, and adhere to, the participants' responsibilities contained in this guide. With everyone's help we can continue to provide a cordial and safe environment at our facility. **Instructors are responsible for enforcing the rules at our Senior Center.**

### **For your safety and the safety of others**

1. Participants are **NOT** able to attend multiple exercise classes in one day.
2. Please be prompt for class and be prepared to start the activity. **Late arrivals will not be admitted to a class already in progress.**
3. Use the *Wellness Programs Information* sheet to select exercise programs appropriate for your ability. Check with your doctor before participating in any exercise program. **DO NOT attend an exercise class above or below your ability.** For example, students attending Level 3 programs cannot attend Level 1 programs.
4. Stop exercising as soon as you are not feeling well. Report your problem to the instructor or a staff member.
5. **Fall prevention is a high priority at our facility.** Items should not be left anywhere on the floor where seniors walk, either during class or while entering/exiting the room. Never leave weights, handbags or other items on the floor. Weights must be crossed on the floor during supervised standing stretches.
6. Appropriate footwear (closed shoes) is required for all aerobics, fitness and dance classes. *Shoes must be closed in the front and in the back.* **Stockings, socks, bare feet, sandals and flip-flops are NOT acceptable.**
7. Coffee and other liquid refreshments brought to the Senior Center must be covered. **Glass containers are not permitted.** Please immediately report any spillage to a staff member.
8. Bring appropriate exercise equipment, as specified by the instructor, to class. For example, bring a non-skid Yoga mat, not a beach towel, to Yoga class.
9. Please report any dangerous situations, such as a loose ceiling tile, a wobbly table or water on the floor, to a staff member immediately.
10. Always carry identification at the Senior Center.

11. Every participant **must** have a current Membership Intake Form on file in the Main Office **prior** to attending classes. Remember to update your form when vital information has changed. **Proof of Long Beach residency is required.**

12. The Department of Parks and Recreation reserves the right to restrict the participation of individuals for their safety and the safety of others.

### **Cooperating with your instructor and fellow participants**

1. Please remember to sign your name on the Attendance Form at the **beginning** of each class session. (The success and continuation of a program is determined by attendance totals.)
2. **Please exit the room promptly after the class session ends to allow the next class to start.** At the end of class, all equipment and personal belongings must be moved off the floor quickly. **Teachers are responsible for the prompt and safe exit of students.** (Seniors should not engage the teacher in conversation at this time.)
3. Visitors, children and observers are not permitted during class sessions. Programs are only for seniors who have registered in the Main Office. Aides may not participate in exercise classes and are responsible for the safety of his/her patient.
4. Do not have conversations with others while the instructor is teaching. Socializing with your friends may be done quietly in the hallway.
5. Please turn off cell phones or set them on vibrate during classes.
6. The staff and the instructor regulate conditions in the room. Do not open/close windows and do not turn lights/fans on or off. Only the teacher or a staff member may touch the equipment.
7. Registration opens every Monday for the following weeks classes. You must speak with a staff member in order to register, do not register by leaving a phone message. Always notify the staff immediately if you will miss a class for which you have registered. **Failure to comply may result in being blocked from registering for a program in the future.**
8. We do not accept walk-ins to classes. If you are on a wait list you can not show up to the class unless you are called. Calls will be made when and if a spot opens. If you are registered for a class and are unable to attend, do not send a guest to replace you.

### Other responsibilities

1. Eating is permitted at the Senior Center, but all refuse must be deposited in a garbage can. (Even tiny crumbs may cause ant infestation.)
2. Please use your cell phone in the hallway or in the restroom to avoid disturbing others.
3. Game Day sessions are scheduled for participants to play any game, such as Mah Jongg, Bridge and Scrabble, with their friends. **Please respect the *START* and *END* times, published in the monthly calendar, and adjust your game playing accordingly.** Keep your voice volume low during Game Day sessions. No gambling is permitted.
4. Participants are required to sign the appropriate form in the Office when borrowing Mah Jongg sets, games, etc. All games must be returned to the Office before leaving the Center.
5. Do not come to the Senior Center when you are sick. It is important not to spread your illness to fellow participants, staff members and instructors.
6. If the weather is severe and you wish to attend programs, please call the Senior Center to see if classes are in session.
7. Floor space in a room, a specific table or chair, exercise equipment, etc. are distributed on a *first come, first served* basis. No participant owns a spot, a chair or anything which is the property of the City of Long Beach.
8. Many participants are allergic to perfume, body washes with fragrances and chemicals. Please do not wear, use or bring anything, which has a strong fragrance or odor to the Center.
9. Please check bulletin boards or email for notices, program cancellations, new programs, etc. Carefully read the flyers for the programs you have selected to determine if materials and fees are required.
10. Borrowed exercise equipment must be returned at the end of the class. Never bring home the Center's weights, stretch bands, exercise balls, Yoga mats, etc.
11. The Main Office equipment, such as fax machines, copiers, etc. is for staff use only. Do not ask a staff member to copy Mah Jongg cards or other personal items.
12. The Offices are places of business to be used by staff members only. Do not enter to socialize, have lunch, ask staff members to relay personal messages, etc. **Participants may not use any of the Offices as a lounge, waiting area or lunchroom.**



City of Long Beach  
Department of Parks & Recreation  
[www.longbeachny.org](http://www.longbeachny.org)

**Magnolia Senior Center**  
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Long Beach, NY 11561  
**(516) 431-3890**



*Magnolia Senior Center*

## **Participant Responsibilities Pamphlet January 2024**

**City Council**  
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John D. Bendo❖ Roy Lester ❖ Michael Reinhart  
**City Manager** Daniel Creighton  
**Commissioner of Parks & Recreation** Joseph A. Brand, Jr.