

# CHAIR YOGA

with Rose Biscardi

Thursdays in the Activity Room  
AT  
ROSE CARACAPPA SENIOR CENTER  
739 ROUTE 25A, MT. SINAI NY  
631-451-5312

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1:30pm – 2:30pm  
FREE OF CHARGE

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NO REGISTRATION REQUIRED

**Supervisor Edward P. Romaine**



Jonathan Kornreich, District 1 \*Michael Loguercio, District 4

Jane Bonner, District 2 Neil Foley, District 5

Kevin LaValle, District 3 Daniel Panico, District 6

Donna Lent, Town Clerk

Louis Marcoccia, Receiver of Taxes

Daniel P. Losquadro, Highway Superintendent

\* Senior Citizen Division Liaison