

Daily Classes

Morning Warm-up

10:15 a.m. – 10:30 a.m.

Main Tent

Tai Chi

10:15 a.m. – 11:15 a.m.

Zen Tent

Fun and Fitness

10:30 a.m. – 11:15 a.m.

Main Tent

Chair Yoga

11:30 a.m. – 12:30 p.m.

Zen Tent

Line Dancing

Monday, Tuesday, Thursday, Friday

11:30 a.m. – 12:30 p.m.

Main Tent

Zumba

Wednesdays

11:30 a.m. – 12:30 p.m.

Main Tent

Aquatic Exercise

11:45 a.m. – 12:30 p.m.

Sands Pool

Summer Serenade with Vicki Mills

Accompaniment by Stu Waters

10 a.m. – 1 p.m.

Music Mushroom

Bocce Hours: 10 a.m. – 2:30 p.m.

Pool Hours: 9 a.m. – 4 p.m.

Snack Shack Hours: 10 a.m. – 2 p.m.

Patio Grille Hours: 11:15 a.m. – 1:15 p.m.

Donald X. Clavin, Jr.
Supervisor

Council Members

Dorothy L. Goosby
Thomas E. Muscarella
Melissa Miller

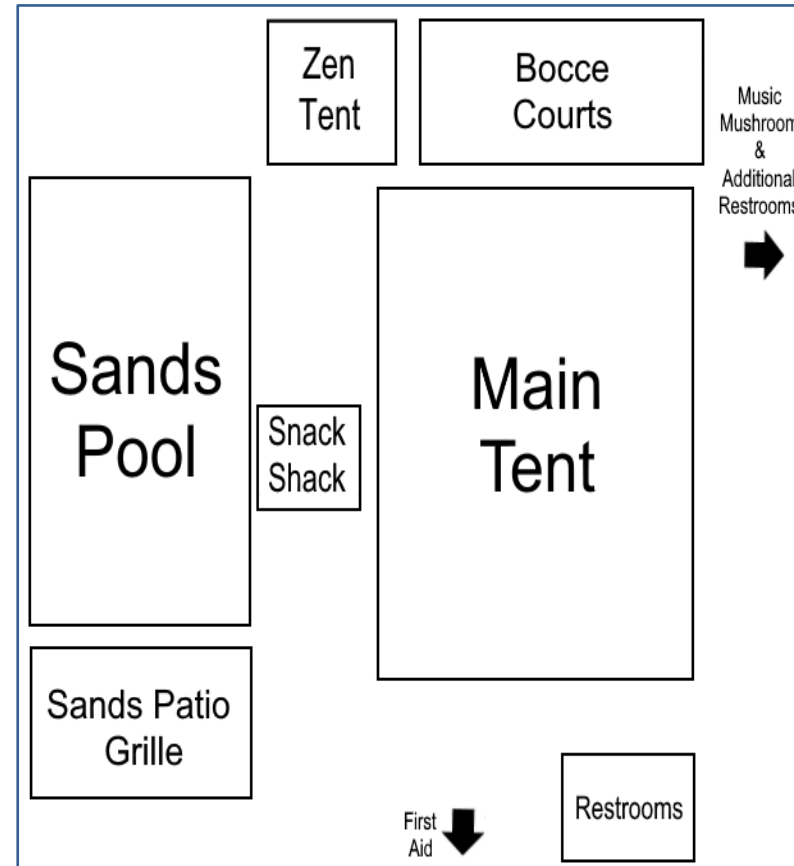
Dennis Dunne, Sr.
Christopher Carini
Laura A. Ryder

Town Clerk
Kate Murray

Receiver of Taxes
Jeanine C. Driscoll

Department of Senior Enrichment
Lisa A. Murphy, Commissioner

**For more information about the
Senior Summer Beach Program,
please call 485-8100 or 801-5660**



Senior Summer Beach Program 2023

at
The Sands at Lido

Enter at

**630 Lido Boulevard
Lido Beach, NY 11561**



The Sands Patio Grille

**Open 5 Days a Week
11:15 a.m. – 1:15 p.m.**

Delicious Food for Sale
At Affordable Prices
Including But Not Limited to

Garden Salad
Grilled Chicken Salad
Burgers
Grilled Chicken Sandwich

And More

Most Meals at \$6.00 or Less

2023 Summer Beach Concerts

**Under the Main Tent
Every Day at 1:15 p.m.**

Week 1

June 26th – June 30th

Concert by Debra Toscano
Sponsored by Humana

Week 2

July 3rd – July 7th

Please note that we are closed on
Tuesday, July 4th in observance of
Independence Day.

Concert by Tommy Sullivan

Week 3

July 10th – July 14th

Concert by Mark Danti

Week 4

July 17th – July 21st

Concert by John Ciotta
*Sponsored by Lynbrook Restorative
Therapy & Nursing*

Week 5

July 24th – July 28th

Concert by Ben Minelli

Week 6

July 31st – Aug. 4th

Concert by Jim Papa

Week 7

Aug. 7th – Aug. 11th

Concert by Al Lopez
(Monday, Tuesday, Friday)
Concert by Joe Love
(Wednesday, Thursday)

Week 8

Aug. 14th – Aug. 18th

Concert by Debra Toscano

Week 9

Aug. 21st – Aug. 25th

Concert by Joe DePiola

Week 10

Aug. 28th – Sept. 1st

Concert by Tommy Sullivan