

EMPOWER, ASSIST, CARE.

# Tuesday, July 14th Virtual Schedule

#### Live Zoom Schedule

### Live Facebook Schedule

#### Tai Chi with Maria at 10:00am

Zoom ID: 327 502 6011
Password: Dance
https://us02web.zoom.us/j/3275026011?
pwd=aFNENDRBV0RGL1c2SkpYcC82VEhDQT09

#### **Zumba With Andrea at 2:00pm**

Zoom ID 757-851-7221
Password: Health
https://us02web.zoom.us/j/7578517221?
pwd=NllYcWxGS2UzQnpuT1piZWw5WnhGUT09

Follow Glen Cove Senior Center on Facebook for Live classes! Below please find Tuesday's classes

## Painting with Chuck at 10am





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