



# Friday August 28th Virtual Schedule

## Live Zoom Schedule

### Exercise with Sheila at 11:30am

Zoom ID: 831 1177 3950

Password: 956969

<https://us02web.zoom.us/j/83111773950?pwd=SjZPZHU2b0V2SVhzTVBBMFJ4QWYydz09>

## Live Facebook Schedule

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

### Chorus with Betty at 11am

### Tai Chi With Spencer Gee at 3pm

