



Monday, August 24th Virtual Schedule

Live Zoom Schedule

Tai Chi With Joseph at 10am

Zoom ID: 895 8692 8817

Password: TAICHI

[https://us02web.zoom.us/j/89586928817?](https://us02web.zoom.us/j/89586928817?pwd=NTlwU00rSE1YQnBvcTd5S2o4MjNPZz09)
[pwd=NTlwU00rSE1YQnBvcTd5S2o4MjNPZz09](https://us02web.zoom.us/j/89586928817?pwd=NTlwU00rSE1YQnBvcTd5S2o4MjNPZz09)

Exercise with Victoria at 11:15am

Meeting ID: 577 786 7766

Passcode: 6jgaTc

[https://us04web.zoom.us/j/5777867766?](https://us04web.zoom.us/j/5777867766?pwd=bmtqWkwyQWc0QktMcTRNVC90ekdpZz09)
[pwd=bmtqWkwyQWc0QktMcTRNVC90ekdpZz09](https://us04web.zoom.us/j/5777867766?pwd=bmtqWkwyQWc0QktMcTRNVC90ekdpZz09)

Zumba with Andrea at 2:00pm

Zoom ID 757-851-7221

Password: Health

[https://us02web.zoom.us/j/7578517221?](https://us02web.zoom.us/j/7578517221?pwd=NllycWxGS2UzQnpuT1piZWw5WnhGUT09)
[pwd=NllycWxGS2UzQnpuT1piZWw5WnhGUT09](https://us02web.zoom.us/j/7578517221?pwd=NllycWxGS2UzQnpuT1piZWw5WnhGUT09)

Live Facebook Schedule

Follow Glen Cove Senior Center on Facebook for Live classes!

Below please find Monday's classes



Tai Chi With Spencer at 2pm

Dancercise with Carol at 11am



This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging