

SENIOR HEALTH
PROMOTION PROGRAM



Wednesday August 26th Virtual Schedule

Live Zoom Schedule

Zumba with Darryl at 10am

Zoom ID 585-904-4510

<https://us02web.zoom.us/j/5859044510>

Exercise with Sheila at 11:30am

Zoom ID: 862 9802 7529 Password: 684796

<https://us02web.zoom.us/j/86298027529?pwd=ekE4dGNVUjluVXhiUHhKQk1pVjgzdz09>



Live Facebook Schedule

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

Chair Yoga with Patty at 2pm



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