

WEEK of
March 1st

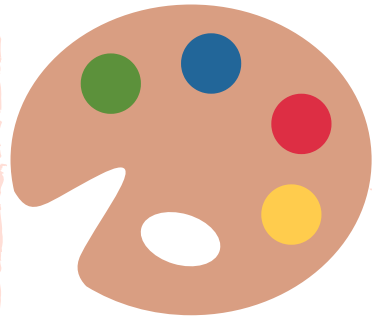
Weekly Live Facebook Schedule

MONDAY

2:00 pm
Tai Chi w/
Spencer

TUESDAY

10:00 am
Painting
w/Chuck



WEDNESDAY

2:00 pm
Chair Yoga with
Patty Mitchell

THURSDAY

1:30pm
Total Body Fitness
with Samantha



FRIDAY

3:00 pm
Tai Chi W/ Spencer

To access Glen Cove Senior Center's Facebook page, please follow the link
below:

<https://www.facebook.com/GCSeniorCenter>