

November 2022

Senior Health Promotion Program Zoom Classes (516) 483-0339



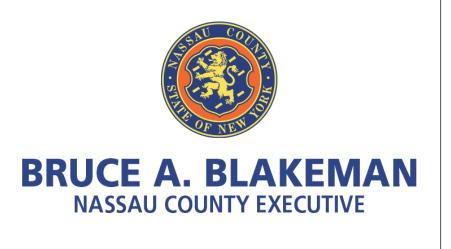
Nassau County Office for the Aging

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 Workouts with Cynthia Zoom ID: 850 2718 6050 Passcode: 849912 2:00 Zumba With Andrea Zoom ID: 757 851 7221 Passcode: Health	11:30 Exercise with Sheila Zoom ID: 862 9802 7529 Passcode: 684796	3	4
7	8 10:30 Workouts with Cynthia Zoom ID: 850 2718 6050 Passcode: 849912 2:00 Zumba With Andrea Zoom ID: 757 851 7221 Passcode: Health	11:30 Exercise with Sheila Zoom ID: 862 9802 7529 Passcode: 684796	10	HAPPY VETERANS DAY
14	15 10:30 Workouts with Cynthia Zoom ID: 850 2718 6050 Passcode: 849912 2:00 Zumba With Andrea Zoom ID: 757 851 7221 Passcode: Health	11:30 Exercise with Sheila Zoom ID: 862 9802 7529 Passcode: 684796	17	18

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21	10:30 Workouts with Cynthia Zoom ID: 850 2718 6050 Passcode: 849912 2:00 Zumba With Andrea Zoom ID: 757 851 7221 Passcode: Health	23 11:30 Exercise with Sheila Zoom ID: 862 9802 7529 Passcode: 684796	Happy Thanksgiving	25
28	29 10:30 Workouts Cynthia 29 Zoom ID: 850 2718 6050 Passcode: 849912 2:00 Zumba With Andrea Zoom ID: 757 851 7221 Passcode: Health	30 11:30 Exercise with Sheila Zoom ID: 862 9802 7529 Passcode: 684796		

Wednesday



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Monday

Enjoy our Senior Health Program via Zoom You can also visit one of our centers

Thursday

Friday

Point Lookout Senior Community Service Center

(516) 432-5555

Hempstead Senior Community Service Center

(516) 565-1568

Port Washington Senior Community Service Center

(516) 944-9654

North Merrick Senior Community Service Center

(516) 571-8675