November 2026

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
2 Classes may be cancelled unexpectedly. We apologize for any inconvenience. Please call us at 516- 571-8675 if you have any questions or need assistance with logging in.	3 **10:30am Wise Workouts with Cynthia** Meeting ID: 854 3170 1537 Passcode: 209516 **2:00pm Zumba with Andrea** Zoom ID: 757 851 7221 Passcode: Health	4	5	6
9	10 **10:30am Wise Workouts with Cynthia** Meeting ID: 854 3170 1537 Passcode: 209516 **2:00pm Zumba with Andrea** Zoom ID: 757 851 7221 Passcode: Health	11	12	13
16	17 **10:30am Wise Workouts with Cynthia** Meeting ID: 854 3170 1537 Passcode: 209516 **2:00pm Zumba with Andrea** Zoom ID: 757 851 7221 Passcode: Health	18	19	20

Monday Tuesday Wednesday Thursday Friday

23	24 **10:30am Wise Workouts with Cynthia** Meeting ID: 854 3170 1537 Passcode: 209516 **2:00pm Zumba with Andrea** Zoom ID: 757 851 7221 Passcode: Health	25	26	27
30				

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Hours of Operation:

Meals suggested contribution:

Transportation suggested contribution:

Exercise suggested contribution:

Site Council Meeting:

Birthdays Celebration:

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL TO RESERVE MEALS, TRANSPORTATION & EXERCISE CLASSES.