



Friday July 17th Virtual Schedule

Live Zoom Schedule

Exercise with Sheila at 11:30am

Zoom ID: 831 1177 3950

Password: 956969

<https://us02web.zoom.us/j/83111773950?pwd=SjZPZHU2b0V2SVhzTVBBMFJ4QWYydz09>

Lois on the piano at 12:15pm

Zoom ID 311 865 3688

Password: EACSH <https://zoom.us/j/3118653688?pwd=OW85NXB5RmdqY1pBMGlIZ1M0UEIYUT09>



Live Facebook Schedule

Follow Glen Cove Senior Center on Facebook for Live classes!
Below please find Fridayss classes

Chorus with Betty at 11am

Tai Chi With Spencer Gee at 3pm

