

SENIOR HEALTH
PROMOTION PROGRAM



Thursday July 16th Virtual Schedule

Live Zoom Schedule

Tai Chi with Maria at 10:00am

Zoom ID: 327 502 6011

Password: Dance

<https://us02web.zoom.us/j/3275026011?pwd=aFNENDRBV0RGL1c2SkpYcC82VEhDQT09>

Exercise with Sheila at 11:00am

Zoom ID: 843 0075 5439

Password: 211374

<https://us02web.zoom.us/j/84300755439?pwd=TkwzWjBxOGN5MTVrKzZncnduYUIOUT09>

Exercise with Victoria at 1:00pm

ZOOM ID: 577 786 7766

Password: 6jgaTc

<https://us04web.zoom.us/j/5777867766?pwd=bmtqWkwyQWc0QktMcTRNVC90ekdpZz09>

Zumba with Darryl at 2:00pm

Zumba ID: 585-904-4510

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

Live Facebook Schedule

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

Dancercise with Carol at 1pm



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