

EMPOWER, ASSIST, CARE.

Friday August 28th 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=SjZPZHU2 b0V2SVhzTVBBMFJ4QWYydz09

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







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