

**GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY**

## Active Older Adults Day

Wednesday, May 31, 2023

### TIME:

### ACTIVITY:

### INSTRUCTOR

8:00-8:55a

Power & Peace Yoga

Kate A.

8:00a-2:00p

2 Lap lanes/2 Walk/Jog lanes

Pool

9:00-9:45a

Cardio Drumming

Linda w/ Glen Cove Center for  
Nursing and Rehab

10:00-10:55a

Chair Yoga

Julie Gillespie

11:00a-12:00p

ZUMBA for the Young at Heart

Sheila

12:00-2 :00p

LUNCH

Gymnasium

### VENDOR EXPO

**EMICS Elder Care-Medicaid Specialists**

**Glen Cove Center for Nursing & Rehab &  
Emerge Nursing and Rehab at Glen Cove**

**Glen Cove Senior Center & Adult Day Care**

**Glengariff Rehabilitation and Healthcare Center**

**Humana Inc.**

**Medicare**

**NAIPC National Aging in Place Council, LI Chapter**

**NOSH Glen Cove Soup Kitchen**

**Sunrise**

\* Schedule subject to change.



**YMCA OF LONG ISLAND**

Bay Shore

Holtsville

East Hampton

Huntington

Glen Cove

Patchogue

**855-2YMCALI**

**YMCALI.org**