

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

WEDNESDAY, MAY 29, 2024

ACTIVE OLDER ADULTS DAY

Fitness Classes, Social Opportunities, How To's, Partner Organizations,
Health Screenings, Giveaways, Food, and more!



YMCA of Long Island
Bay Shore • East Hampton • Patchogue
Glen Cove • Huntington

VIEW SCHEDULE
OF ACTIVITIES!



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Huntington YMCA

10:00am:	Improv Games Candle Making Beginner Step Class Chair Yoga Beginner Pickleball	w/ Russ Parker w/ Jackie Johnson w/ Jane McGoldrick w/ Pat DiNozzi w/ Tom McMahon	Barre Studio HLC Kitchen Group X Studio Mind/Body Studio Gymnasium
10:30am:	Meditation	w/ Jayne McPartlin	Mind/Body Studio
11:00am:	Chair Fitness Seated Volleyball Assisted Stretch Demos Water Workout	w/ Chrissy Naughton w/ YMCA Staff w/ Lauren & Wayne w/ Carrie Williams	Group X Studio Gymnasium Fitness Center Norton Pool
11:30am:	Tai Chi Seated Drumming Preserve Your Wealth, Ideas Outside the Stock Market	w/ Bonnie Millen w/ Chrissy Naughton w/ Brandon Kaley	Barre Studio Group X Studio Mind/Body Studio
12:00pm:	LUNCH IS SERVED		
1:00pm:	Osteoporosis Workshop Zumba Gold Memory Loss, Dementia & Alzheimers Bingo	w/ Jane McGoldrick w/ Coleen DeLorenzo w/ Joanne Caramonico w/ Melissa Henderson	Barre Studio Group X Studio Mind/Body Studio HLC Lobby



YMCA at Glen Cove
125 Dosoris Lane
Glen Cove, NY 11542

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