

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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Patchogue Family YMCA

All Day: Fitness Center Orientations

9:00am-9:30am- Senior Dance Fun with Katie**

9:00-1:00PM - Vendors

9:00-11:30AM – Pickleball – Full Gymnasium

9:45-11:00AM – Gentle Yoga with Marcia – Bring a Mat!**

10:15-10:45AM – Cyber Safety Workshop – Chase Bank**

10:30-11:30 – Senior Small Group Training with Joe In the Fitness Center**

11:00-11:45AM – Stronger Seniors with Emily**

12:00-1:30PM – Lunch with BINGO & Trivia

** indicates to reserve your spot on our app or call 631-891-1813 to reserve



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

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OF ACTIVITIES!

