

WEDNESDAY, MAY 21, 2025

ACTIVE OLDER ADULTS DAY

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

YMCA AT GLEN COVE

TIME:	ACTIVITY:
8:00am - 8:45am	Aqua Jog w. Jean Anne
8:00am - 8:45am	Hatha Yoga w. Laura
9:00am - 9:45am	ZUMBA for the Young at Heart w. Sheila
10:00am - 10:45am	Pilates w. Julie
11:00am - 11:45am	Chair Yoga w. Julie Register on the Y App for a chair (30 spots)
10:00am - 1:00pm	Information Fair: Come meet vendors/organizations that offer services to Seniors!
11:30am - 1:00pm	Lunch



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

**VIEW SCHEDULE
OF ACTIVITIES!**
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