

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

ACTIVE OLDER ADULTS DAY

WEDNESDAY, MAY 20, 2026

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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YMCA AT GLEN COVE

TIME:	ACTIVITY:	LOCATION:
ALL DAY!	FITNESS CENTER ORIENTATION	FITNESS CENTER
8:00-8:45AM	STRONGER SENIORS	FITNESS STUDIO
9:00-9:30AM	CHAIR MEDITATION AND BREATHING	FITNESS STUDIO
9:45-10:30AM	CARDIO DANCE	FITNESS STUDIO
10:00AM-12:00PM	FREE FITNESS ASSESSMENT	FITNESS CENTER
10:45-11:30AM	DRUMMING FOR CARDIO	FITNESS STUDIO
11:00-11:30AM	SILVER SPIN EXPRESS - LOW TEMPO SPINNING	CYCLE STUDIO
11:45AM-12:30PM	CHAIR YOGA	FITNESS STUDIO
11:00AM-2:00PM	INFORMATION FAIR	GYMNASIUM
1:00-2:00PM	LUNCH	GYMNASIUM

VENDORS INCLUDE:

American Senior Benefits • Care First • Confucius Acupuncture
Dr. Zack Gower Chiropractor • Egoscue • Glen Gariff Rehabilitation
Glowbar Facials Rosalyn • Home Instead Dementia Care • Long Island Nutritionist
Sol Vibrations • Sparacio Physical Therapy • The Regency at Glen Cove Senior Living



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