

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

ACTIVE OLDER ADULTS DAY

WEDNESDAY, MAY 29, 2019

ACTIVITIES

- | | |
|-----------------|--|
| 8:00AM-9:00AM | Water Exercise |
| 8:30AM-9:30AM | Zumba |
| 11:00AM-12:00PM | Yoga |
| 11:00AM-2:00PM | Volley Ball Pick Up Games |
| 12:00PM-3:00PM | Silver Ping Pong Pick Up Games |
| 1:00PM-2:00PM | PSEG Lunch & Learn Session on Hot Topics |
| 1:30PM-2:15PM | Cardio, Strength and Balance |
| 4:00PM-5:00PM | Tai Chi |



YMCA EAST HAMPTON RECENTER
2 Gingerbread Lane, East Hampton, NY 11937
(631) 329-6884 • YMCALI.org/PSEGLISeniors



PSEG LONG ISLAND



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