

Virtual Events at the Howard Beach OAC!!!

For members who are unable to come to the center, you can still enjoy events and attend activities from the comfort of your own home. See below for upcoming virtual events you can join through your computer, iPad or tablet.

If you are interested in joining this hybrid event, please contact the office, so we can count your attendance and so we may assist you to log on prior to the class. We kindly ask you keep your camera on for the entire class for safety reasons.



Nutrition Lecture on 11/27 @ 10:45 am

Learn about a Probiotic Diet

Join Zoom Meeting

<https://zoom.us/j/96112298337?pwd=Y0tERmJvaFBXVUtRTlgrVlE1dEtQdz09>

Meeting ID: 961 1229 8337

Passcode: 196573