


May 2019 Activities

GLEN COVE SENIOR CENTER, 130 Glen Street, GC, NY 11542

Nassau County Office for the Aging

This program is made possible with funding from the City of Glen Cove, the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>May Trips</u> May 8th- “How to Succeed in Business Without Really Trying” at Broad Hollow Theater May 16th- “Aida” at Northport Theater May 20th- “Hamlet” at Tilles Center May 23rd- “Newsies” at Westchester Broadway Theater May 29th– Brooklyn Gardens, Brooklyn Museum, & Lunch <u>June Trips</u> June 13th– Coney Island Museum, Aquarium, and Lunch June 18th– Uptown NYC Tour with Lunch June 20th- “Mamma Mia” at Cultural Arts Playhouse June 26th– Louis Armstrong House, Queens Museum	SENIOR BALL Saturday, May 18th Glen Cove Senior Center 5:00PM - 8:00PM Reservations Required. Please sign up with David in Accounting.	1 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:15– Drum Circle w/ Eric 12:45– Nutrition Lecture 1:30– Inspirational Afternoon: Paint Party 1:30 - Mah Jong: Beginners & Intermediates 2:00 – Chair Yoga w/ Patty	2 9:45– Pickleball Club at Stanco Park w/ Eric 10:00 – Project Beacon w/ Sherri M., LMSW. 10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital 10:30 - Centre Club Board Meeting 11:00 - French Class 1:00– Golden Gallery Reception 1:00 – Canasta, 1:15 – Food Shopping 1:30 – Centre Club Meeting 3:00 – Dancercise w/ Carol R.	6 9:00 – IAC Exec Board, Monthly Breakfast 9:00 – Seniorobics w/ Fran, Crocheting w/ Friends 10:00– Health Assessment w/ Northwell 10:30– Bereavement w/ Sherri 10:30 – Site Council 10:30 – Current Events w/ Yvonne, Exercise w/ YMCA 11:00 – Golden Voices Rehearsal 12:15 - Scam Prevention w/ Assembly Member Charles Lavine and Attorney General Letitia James 1:00 – Bingo, 1:30– Makeup Tutorial w/ Kathy Viola 1:30 – Line Dancing, ADP Continentals 3:00 – Tai Chi w/ Spencer G.
6 9:00 – Crocheting with Friends 10:00 – Project Beacon w/ Sherri M., LMSW 10:30 – Exercise w/ YMCA 11:00 – Monday Fun-Day 12:15– Cinco De Mayo Celebration w/ Gissel Garcia 1:00 – Creative Writing w/ Loretta C. 1:00 - Bridge, Mah Jong, Scrabble Club 1:00 - Tai Chi w/ Spencer G. 1:15 – Food Shopping	7 9:45– Walking Club at Tappen Beach 10:00 – Project Beacon w/ Sherri M., LMSW 10:30 – Brain Booster Club 1:00 – Canasta, Bingo 1:00 - Movie: “Play The Game” 3:00 – Sign Language w/ Heide L. 3:45 - Chess Class	8 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 12:30 – “Breast & Prostate Cancer Screening” Lecture 12:45- “How to Succeed in Business Without Really Trying” at Broad Hollow Theater Trip 1:00- Bridge 1:00 - LILA 1:30 - Mah Jong: Beginners & Intermediates 2:00 – Chair Yoga w/ Patty	9 10:00 – Project Beacon w/ Sherri M., LMSW. 10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital 11:00 - Balloon Volleyball w/ Eric 11:00 - French Class 1:00 – Canasta 1:15 – Food Shopping 1:30- “You Be The Star” Acting Workshop 3:00 – Dancercise w/ Carol R.	10 9:00– Senioronbics w/ Fran, Crocheting 10:00-11:30 – Painting & Drawing w/ Chuck 10:30 – Current Events w/ Yvonne, Exercise w/ YMCA 11:00 – Golden Voices Rehearsal 12:15– Mother’s Day Celebration w/ Tom Smith 1:00 – Bingo 1:30 – Line Dancing, ADP Continentals 3:00 – Tai Chi w/ Spencer G.
13 9:00 – Crocheting with Friends 10:00– Haircuts w/ Rose 10:15 - 11:15– Intergenerational visit to Glen Cove Daycare 10:00 – Project Beacon w/ Sherri M., LMSW 10:30 – Exercise w/ YMCA 11:00 – Monday Fun-Day 1:00 – Creative Writing w/ Loretta C., Bridge, Mah Jong, Scrabble Club, Tai Chi w/ Spencer G. 1:30 - Karaoke w/ Eric 1:15 – Food Shopping	14 9:45– Pickleball Club at Stanco Park w/ Eric 10:00 – Project Beacon w/ Sherri M., LMSW 10:30 – Brain Booster Club 1:00 – Canasta, Bingo 1:00– Happy Hour Club 2:00-3:00– SNAP (Food Stamps) w/ Yesenia by appointment 3:00 – Sign Language w/ Heide L. 3:45 - Chess Class	15 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00-2:00– Volunteer Picnic at Morgan Park 1:00 - Bridge 1:30 - Mah Jong: Beginners & Intermediates	16 10:00 – Project Beacon w/ Sherri M., LMSW 10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital 11:00 - French Class 12:30- “Aida” at Northport Theater Trip 1:00 – Canasta 1:15 – Food Shopping 1:30– Centre Club Meeting 3:00 – Dancercise w/ Carol R.	17 9:00 – Seniorobics w/ Fran, Crocheting 10:00-11:30 – Painting & Drawing w/ Chuck 10:00– Health Assessment w/ Northwell 10:30 – Current Events w/ Yvonne, Exercise w/ YMCA 11:00 – Senior Moments Show 88.1 FM 11:00 – Golden Voices Rehearsal 12:45– Birthday Celebrations w/ Betty Q. and the Golden Voices 1:00 – Bingo, 1:30 - Line Dancing, ADP Continentals 2:00– VSC Bereavement w/ Sherri 3:00– Tai Chi w/ Spencer G.
20 9:00 – Crocheting with Friends 9:15- “Hamlet” at Tilles Center Trip 10:00 – Project Beacon w/ Sherri M., LMSW 10:30 – Exercise w/ YMCA 11:00 – Monday Fun-Day 1:00 – Creative Writing w/ Loretta C 1:00 - Bridge, Mah Jong, Scrabble Club, Tai Chi 1:15 – Food Shopping	21 10:00 – Project Beacon w/ Sherri M., LMSW 10:00-11:30 – Painting & Drawing w/ Chuck 10:30 – Brain Booster Club 11:00 – “Minute To Win It” Gameshow w/ Eric 1:00 – Canasta 1:00 - Bingo 1:00 - Shirt Painting Workshop w/ Lucy 3:00 – Sign Language w/ Heide L.	22 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 12:15– Piano Performance by John Clancy 1:00 - Bridge 1:30 - Mah Jong: Beginners & Intermediates 1:30 Trivia Gameshow w/ Eric 2:00 – Chair Yoga w/ Patti	23 9:30- “Newsies” at Westchester Theater Trip 10:00 – Project Beacon w/ Sherri M., LMSW. 10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital 11:00 - French Class 1:00 – Canasta 1:15 – Food Shopping 3:00 – Dancercise w/ Carol R.	24 9:00 – Seniorobics w/ Fran, Crocheting 10:30 – Current Events w/ Yvonne, Exercise w/ YMCA 11:00 – Golden Voices Rehearsal 1:00 – Bingo 1:30 – Line Dancing, ADP Continentals 3:00 – Tai Chi w/ Spencer G.
27  The Senior Center is closed for Memorial Day	28 10:00 – Project Beacon w/ Sherri M., LMSW 10:00-11:30 – Painting & Drawing w/ Chuck 10:30 – Brain Booster Club 12:15- “Sleep Better and Wake Refreshed” Lecture 1:00 – Canasta, Bingo 1:00– Happy Hour Club Luncheon (Offsite) 1:30 - Caregivers w/ Lorraine 3:00 – Sign Language w/ Heide L. 1:15 – Food Shopping	29 8:45– Brooklyn Museum & Botanic Gardens Trip 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 1:00 - Bridge 1:30 - Mah Jong: Beginners & Intermediates 2:00– VSC Chair Yoga w/ Patty	30 9:45– Walking Club at Morgan Park 10:00 – Project Beacon w/ Sherri M., LMSW. 10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital 11:00 - French Class 1:00– Movie: “Maudie” 1:00 – Canasta 1:15 – Food Shopping 3:00 – Dancercise w/ Carol R.	31 9:00 – Seniorobics w/ Fran, Crocheting 10:00– Health Assessment w/ Northwell 10:30 – Current Events w/ Yvonne, Exercise w/ YMCA 11:00 – Golden Voices Rehearsal 1:00 – Bingo Cancelled 1:30 – Line Dancing Cancelled 1:15 - TALENT SHOW 1:30 - ADP Continentals 3:00 – Tai Chi w/ Spencer G.

