

June 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
<p>9:00 – Crocheting with Friends 3</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:30 - SAGE Golf Outing Registration & Breakfast</p> <p>10:30 – Exercise w/ YMCA</p> <p>11:00 – Monday Fun-Day</p> <p>12:00 – SAGE Golf Outing Tee Off</p> <p>1:00 – Creative Writing w/ Loretta C.</p> <p>1:00 – Bridge, Mah Jong, Scrabble Club</p> <p>1:00 – Tai Chi w/ Spencer G.</p> <p>1:15 – Food Shopping</p> <p>5:00 – SAGE Golf Outing Reception (Metropolitan)</p>	<p>4</p> <p>9:45– Pickleball Club at Stanco Park w/ Eric</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:00-11:30– Painting & Drawing w/ Chuck</p> <p>10:30 – Brain Booster Club</p> <p>1:00 – Canasta, Bingo</p> <p>12:15– Hypertension Lecture</p> <p>1:00 – LILA</p> <p>3:00 – Sign Language w/ Heide L.</p> <p>3:45 – Chess Class</p>	<p>5</p> <p>9:00 – Crocheting w/ Friends</p> <p>10:30 – Exercise w/ YMCA</p> <p>12:30 - Nutrition Lecture</p> <p>1:00- Bridge</p> <p>1:30 – Inspirational Afternoon: Healthy Brain lecture</p> <p>1:30 – Mah Jong: Beginners & Intermediates</p> <p>2:00 – Chair Yoga w/ Patty</p>	<p>6</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW.</p> <p>10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital</p> <p>11:00 – Balloon Volleyball w/ Eric</p> <p>11:00 – American Legion Meeting Post 76</p> <p>11:00 – French Class</p> <p>1:00 – Canasta</p> <p>1:15 – Food Shopping</p> <p>1:30 – Center Club Meeting</p> <p>3:00 – Dancercise w/ Carol R.</p>	<p>7</p> <p>9:00 – IAC Exec Board, Monthly Breakfast</p> <p>9:00 – Seniorobics w/ Fran, Crocheting w/ Friends</p> <p>10:00– Health Assessment w/ Northwell</p> <p>10:30– Bereavement w/ Sherri</p> <p>10:30 – Site Council</p> <p>10:30 – Current Events w/ Yvonne, Exercise w/ YMCA</p> <p>11:00 – Golden Voices Rehearsal</p> <p>12:00– 50’s Era Celebration: Dress like it’s the 50’s!</p> <p>1:00 – Bingo</p> <p>1:30 – Line Dancing, ADP Continentals</p> <p>3:00 – Tai Chi w/ Spencer G.</p>
<p>10</p> <p>9:00 – Crocheting with Friends</p> <p>10:00 – Haircuts w/ Rose</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:15 – Intergenerational Program: G.C. Daycare</p> <p>10:30 – Exercise w/ YMCA</p> <p>11:00 – Monday Fun-Day</p> <p>1:00 – Creative Writing w/ Loretta C., Bridge, Mah Jong, Scrabble Club, Tai Chi w/ Spencer G.</p> <p>1:15 – Food Shopping</p> <p>1:30 - Trivia Game Show w/ Eric</p>	<p>11</p> <p>9:45– Walking Club at Sea Cliff Beach w/ Eric</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:00-11:30– Painting & Drawing w/ Chuck</p> <p>10:30 – Brain Booster Club</p> <p>1:00 – Canasta, Bingo</p> <p>1:00– Happy Hour Club</p> <p>2:00-3:00– SNAP (Food Stamps) w/ Yesenia by appointment</p> <p>3:00 – Sign Language w/ Heide L.</p> <p>3:45 – Chess Class</p>	<p>12</p> <p>9:00 – Seniorobics w/ Fran</p> <p>9:00 – Crocheting w/ Friends</p> <p>10:30 – Exercise w/ YMCA</p> <p>11:15 – Drum Circle w/ Eric</p> <p>12:30 – Prostate and Breast Cancer Screening Lecture w/ Nassau University Medical Center</p> <p>1:00 - Bridge</p> <p>1:30 - Mah Jong: Beginners & Intermediates</p> <p>1:30 – Karaoke w/ Eric</p>	<p>13</p> <p>9:00 – Coney Island Museum & Aquarium Trip</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital</p> <p>11:00 – French Class</p> <p>1:00 – Canasta</p> <p>1:15 – Food Shopping</p> <p>3:00 – Dancercise w/ Carol R.</p>	<p>14</p> <p>9:00 – Seniorobics w/ Fran, Crocheting</p> <p>10:00-11:30 – Painting & Drawing w/ Chuck</p> <p>10:30 – Current Events w/ Yvonne, Exercise w/ YMCA</p> <p>11:00 – Senior Moments Show 88.1 FM</p> <p>11:00 – Golden Voices Rehearsal</p> <p>12:00– Father’s Day & Flag Day Celebration w/ Alex Alexander</p> <p>1:00 – Bingo</p> <p>1:30 – Line Dancing, ADP Continentals</p> <p>3:00– Tai Chi w/ Spencer G.</p>
<p>17</p> <p>9:00 – Crocheting with Friends</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:30 – Exercise w/ YMCA</p> <p>11:00 – Monday Fun-Day</p> <p>12:15- “Around The World In Song” w/ Lois Morton</p> <p>1:00 – Creative Writing w/ Loretta C</p> <p>1:00 - Bridge, Mah Jong, Scrabble Club, Tai Chi</p> <p>1:15 – Food Shopping</p>	<p>18</p> <p>8:45– Uptown NYC Tour Trip</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:00-11:30 – Painting & Drawing w/ Chuck</p> <p>10:30 – Brain Booster Club</p> <p>1:00 – Canasta</p> <p>1:00 - Bingo</p> <p>3:00 – Sign Language w/ Heide L</p>	<p>19</p> <p>9:00 – Seniorobics w/ Fran</p> <p>9:00 – Crocheting w/ Friends</p> <p>10:30 – Exercise w/ YMCA</p> <p>12:15 – 1:00 - Bridge</p> <p>1:30 – “Music Exploration: Folk Music” w/ The Sunshine Music Duo</p> <p>1:30 - Mah Jong: Beginners & Intermediates</p> <p>2:00 – Chair Yoga w/ Patti</p>	<p>20</p> <p>9:45– Pickleball Club at Stanco Park w/ Eric</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW.</p> <p>10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital</p> <p>11:00 - French Class</p> <p>1:00 – Canasta</p> <p>1:15 – Food Shopping</p> <p>1:30 – Center Club Meeting</p> <p>3:00 – Dancercise w/ Carol R.</p>	<p>21</p> <p>9:00 – Seniorobics w/ Fran, Crocheting</p> <p>10:30 – Current Events w/ Yvonne, Exercise w/ YMCA</p> <p>11:00 – Golden Voices Rehearsal</p> <p>12:45 – Birthday Celebrations w/ Betty Q. and The Golden Voices</p> <p>1:00 – Bingo</p> <p>1:30 – Line Dancing, ADP Continentals</p> <p>2:00 – VSC Bereavement w/ Sherri</p> <p>3:00 – Tai Chi w/ Spencer G.</p>
<p>24</p> <p>9:00 – Crocheting with Friends</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:15 – Glass Jewelry Workshop</p> <p>10:30 – Exercise w/ YMCA</p> <p>11:00 – Monday Fun-Day</p> <p>1:00 – Creative Writing w/ Loretta C., Bridge, Mah Jong, Scrabble Club, Tai Chi w/ Spencer G.</p> <p>1:00 - Movie: “The Wife”</p> <p>1:15 – Food Shopping</p>	<p>25</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW</p> <p>10:00-11:30 – Painting & Drawing w/ Chuck</p> <p>10:30 – Brain Booster Club</p> <p>11:00 – “Minute To Win It” Game Show w/ Eric</p> <p>1:00– Happy Hour Club</p> <p>1:00 – Canasta, Bingo</p> <p>1:30 – Caregivers w/ Lorraine</p> <p>3:00 – Sign Language w/ Heide L.</p> <p>1:15 – Food Shopping</p>	<p>26</p> <p>8:30– Louis Armstrong House & Queens Museum Trip</p> <p>9:00 – Seniorobics w/ Fran</p> <p>9:00 – Crocheting w/ Friends</p> <p>10:30 – Exercise w/ YMCA</p> <p>1:00 - Bridge</p> <p>1:30 - Mah Jong: Beginners & Intermediates</p> <p>2:00 – VSC Chair Yoga w/ Patty</p>	<p>27</p> <p>9:45– Walking Club at Tappen Beach w/ Eric</p> <p>10:00 – Project Beacon w/ Sherri M., LMSW.</p> <p>10:15 – Arthritis Exercise & Education Class– Bus to Glen Cove Hospital</p> <p>11:00 - French Class</p> <p>12:45 – “Mamma Mia” at Cultural Arts Playhouse Trip</p> <p>1:00 – Canasta</p> <p>1:15 – Food Shopping</p> <p>3:00 – Dancercise w/ Carol R.</p>	<p>28</p> <p>9:00 – FDR Museum & Library & Culinary Institute Lunch Trip</p> <p>9:00 – Seniorobics w/ Fran, Crocheting</p> <p>10:00 – Health Assessment w/ Northwell</p> <p>10:30 – Current Events w/ Yvonne, Exercise w/ YMCA</p> <p>11:00 – Golden Voices Rehearsal</p> <p>12:45 – HEART OF GOLD RAFFLE DRAWING</p> <p>1:00 – Bingo</p> <p>1:30 – Line Dancing & ADP Continentals</p> <p>3:00 – Tai Chi w/ Spencer G.</p>
<p><u>June Trips</u></p> <p>June 13th– Coney Island Museum, Aquarium, and Lunch</p> <p>June 18th– Uptown NYC Tour with Lunch</p> <p>June 20th– “Mamma Mia” at Cultural Arts Playhouse</p> <p>June 26th– Louis Armstrong House, Queens Museum</p> <p>June 28th– FDR Museum, Library, and Culinary Institute</p> <p><u>July Trips</u></p> <p>July 12th– New York River Cruise</p> <p>July 17th– “Nice Work If You Can Get It” at Oakdale Theater</p> <p>July 22nd– Staten Island Yankees Game: Luxury Suite with All You Can Eat & Drink Buffet</p> <p>July 25th– NY Mets Game</p> <p>July 26th– Essex Train & Boat Cruise w/ Lunch</p>	<p>Glen Cove SAGE Foundation Presents the June Golf Classic</p>  <p>To benefit the Glen Cove Senior Center Monday, June 3rd 2019 Glen Cove Golf Club</p>	<p>HEART OF GOLD RAFFLE</p>  <p>FIRST PRIZE: \$1,000 SECOND PRIZE: \$250</p> <p>ONLY 150 TICKETS WILL BE SOLD! DRAWING WILL BE JUNE 28TH!</p>	<p>50’s ERA CELEBRATION</p>  <p>Friday, June 7th at 12:00pm Come dressed in your 50’s best!</p>	<p>FATHER’S DAY CELEBRATION</p>  <p>Friday, June 14th at 12:00pm</p>