


February 2020 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
3 9:00 – Crocheting with friends 10:00 – Project Beacon with Sherri M., LMSW 10:30 – Exercise with YMCA 11:00 – Monday Fun-day W Rob 1:00 – T-Shirt Painting w/ Lucy 1:00 – Bridge, Mah Jong, Scrabble Club 1:15 – Food Shopping 2:00 – Tai Chi with Spencer G.	4 9:45 – Intergenerational Program with Landing School 10:00 – AARP Tax Prep by Appointment 10:00 – Project Beacon w/ Sherri M., LMSW 10:00 – Painting and Drawing 10:30 – Brain Booster Club 12:00 – Black History Month Celebration 1:00 – Canasta 1:00 – Bingo 2:00 – Tax Grievance Workshop	5 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:30 – Exercise with YMCA 10:45 – Sign Language with Mill Neck 11:15 – Drum Circle w Eric 12:45 – Inspirational Afternoon – Broadway Ballards Lecture 1:00 – Bridge 1:30 – Mah Jong: Beginners/intermediates 2:00 – Chair Yoga with Patty	6 10:00 – Project Beacon with Sherri M., LMSW 10:15 – Arthritis Exercise & Education class at Glen Cove Hospital 10:30 – Centre Club Board meeting 11:00 – Balloon Volleyball 1:00 – Canasta 1:15 – Food Shopping 1:30 – Centre Club meeting 3:00 – Dancercise with Carol R.	7 9:00 – Monthly Breakfast 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Health Assessment with Northwell 10:30 – Exercise with YMCA 10:30 – Site Council Meeting 10:30 – Current Events with Yvonne 10:30 – Bereavement with Sherri M., LMSW 11:00 – Golden Voices Rehearsal 1:00 – Bingo 1:30 – Line Dancing, ADP Continentals 3:00 – Tai Chi with Spencer G
10 9:00 – Crocheting with friends 10:00 – Project Beacon with Sherri M., LMSW 10:30 – Exercise with YMCA 11:00 – Monday Fun-day W Rob 12:30 – Medicare Fraud Lecture 1:00 – Bridge, Mah Jong, Scrabble Club 1:15 – Food Shopping 1:30 – Karaoke with Eric 2:00 – Tai Chi with Spencer G.	11 9:45 – Intergenerational Program with Landing School 10:00 – AARP Tax Prep by Appointment 10:00 – Project Beacon w/ Sherri M., LMSW 10:00 – Painting and Drawing 10:30 – Brain Booster Club 10:30 – Ping Pong Tournament 1:00 – Happy Hours Club meeting 1:00 – Canasta 1:00 – Bingo	12 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 9:45 – “Temptations” Trip (Broadway) 10:30 – Exercise with YMCA 10:45 – Sign Language with Mill Neck 11:00 – ESL Class 1:00 – LILA 1:00 – Bridge 1:30 – Mah Jong: Beginners/intermediates 2:00 – Chair Yoga with Patty	13 9:45 – Pickleball at the GCB & G Club 10:00 – Project Beacon with Sherri M., LMSW 10:15 – Arthritis Exercise & Education class at Glen Cove Hospital 1:00 – Movie “Harriet” 1:00 – Canasta 1:15 – Food Shopping 3:00 – Dancercise with Carol R.	14 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Painting and Drawing with Chuck 10:30 – Exercise with YMCA 10:30 – Current Events with Yvonne 11:00 – Golden Voices Rehearsal 12:15 – Valentine’s Day Celebration with Linda Ipanema 1:00 – Bingo 1:30 – Line Dancing, ADP Continentals 3:00 – Tai Chi with Spencer G.
17 Glen Cove Senior Center is closed in observance of President Day 	18 10:00 – AARP Tax Prep by Appointment 10:00 – Project Beacon w/ Sherri M., LMSW 10:00 – Painting and Drawing 10:30 – Brain Booster Club 12:15 – President’s Day Celebration with Star West 1:00 – Canasta 1:00 – Bingo	19 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:30 – Exercise with YMCA 10:45 – Sign Language with Mill Neck 1:00 – Bridge 1:30 – Mah Jong: Beginners/intermediates 2:00 – Chair Yoga with Patty	20 10:00 – Project Beacon with Sherri M., LMSW 10:15 – Arthritis Exercise & Education class at Glen Cove Hospital 1:00 – Canasta 1:15 – Food Shopping 1:30 – Centre Club meeting 3:00 – Dancercise with Carol R.	21 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Painting and Drawing with Chuck 10:00 – Health Assessment with Northwell 10:30 – Exercise with YMCA 10:30 – Current Events with Yvonne 11:00 – Golden Voices Rehearsal 12:45 – Birthday Celebrations with Betty Q. & The Golden Voices 1:00 – Bingo 1:30 – Line Dancing, ADP Continentals 2:00 – VSC Bereavement with Sherri 3:00 – Tai Chi with Spencer G.
24 9:00 – Crocheting with friends 10:00 – Project Beacon with Sherri M., LMSW 10:00 – Haircuts with Rose 10:30 – Exercise with YMCA 11:00 – Monday Fun-day W Rob 1:00 – Bridge, Mah Jong, Scrabble Club 1:15 – Improv with Eric 1:15 – Food Shopping 2:00 – Tai Chi with Spencer G.	25 9:45 – Pickleball at the GCB & G Club 9:45 – Intergenerational Program with Landing School 10:00 – AARP Tax Prep by Appointment 10:00 – Project Beacon w/ Sherri M., LMSW 10:00 – Painting and Drawing 10:30 – Brain Booster Club 12:15 – Mardi Gras Celebration 1:00 – Happy Hours Club meeting 1:00 – Canasta 1:00 – Bingo	26 8:45 – “Million Dollar Quartet” Trip 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:30 – Exercise with YMCA 10:45 – Sign Language with Mill Neck 11:15 – Book Club meeting 1:00 – Bridge 1:30 – Mah Jong: Beginners/intermediates 2:00 – Chair Yoga with Patty	27 10:00 – Project Beacon with Sherri M., LMSW 10:00 – Friend’s Academy – Intergenerational Discussion 10:15 – Arthritis Exercise & Education class at Glen Cove Hospital 1:00 – Canasta 1:15 – Food Shopping 1:30 – Game Show Trivia 3:00 – Dancercise with Carol R. 4:30 – Senior Prom at Friends Academy	28 Soccer Day Wear your favorite Soccer Gear! 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Painting and Drawing with Chuck 10:30 – Exercise with YMCA 10:30 – Current Events with Yvonne 11:00 – Golden Voices Rehearsal 1:00 – Bingo 1:30 – Line Dancing, ADP Continentals 3:00 – Tai Chi with Spencer G.