

August 2021 Activities

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

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

Nassau County Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 – Crocheting with Friends 9:00 – Brain Booster 10:00 – Social Club 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day (Downstairs) 11:30 – Meditation 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 1:00 – Bingo 2:00 – Scrabble Club (Dining Room) 2:00 – Tai Chi with Spencer</p>	<p>3</p> <p>9:00 – Brain Booster Club 10:00 – Video Series 10:00 – Painting & Drawing with Chuck (Downstairs) 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia (Dining Room) 1:00 – Speaker: Home Health Assessment 1:00 – Canasta (Upstairs) 1:00 – Bingo 2:00 – Meditation</p>	<p>4</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 9:30 – Walk with the Doc at Garvies Point 10:00 – Social Club 11:00 – Bingo 11:00 – Dancercise with Carol (Livestream) 1:00 – LI Parrot Society 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 2:00 – Chair Yoga with Patty</p>	<p>5</p> <p>9:00 – Brain Booster Club 10:00 – Card Games (Downstairs) 10:30 – Exercise with YMCA 11:00 – Bingo 11:30 – Meditation 1:00 – Bingo, Canasta (Upstairs) 2:00 – Board Games 3:00 – Dancercise with Carol (Livestream)</p>	<p>PAJAMA DAY! 6</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Trivia, Social Club 11:00 – Tai Chi with Laurie 11:00 – Bingo 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Card Games, Social Club (Dining Room) 3:00 – Tai Chi with Spencer</p>
<p>9</p> <p>9:00 – Crocheting with Friends 9:00 – Brain Booster 10:00 – Social Club 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day (Downstairs) 11:30 – Meditation 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 1:00 – Bingo 2:00 – Scrabble Club (Dining Room) 2:00 – Tai Chi with Spencer</p>	<p>10</p> <p>9:00 – Brain Booster Club 10:00 – Video Series 10:00 – Painting & Drawing with Chuck (Downstairs) 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia (Dining Room) 1:00 – Canasta (Upstairs) 1:00 – Bingo 2:00 – Meditation</p>	<p>11</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Walking Club 10:00 – Social Club 11:00 – Bingo 11:00 – Dancercise with Carol (Livestream) 1:00 – Karaoke 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 2:00 – Chair Yoga with Patty</p>	<p>12</p> <p>9:00 – Brain Booster Club 10:00 – Card Games (Downstairs) 10:30 – Exercise with YMCA 11:00 – Bingo 11:30 – Meditation 1:00 – Bingo, Canasta (Upstairs) 2:00 – Board Games 3:00 – Dancercise with Carol (Livestream)</p>	<p>MOBILE FARMERS MARKET (10-11:45) 13</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Trivia, Social Club 11:00 – Tai Chi with Laurie 11:00 – Bingo 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Card Games, Social Club (Dining Room) 3:00 – Tai Chi with Spencer</p>
<p>16</p> <p>9:00 – Crocheting with Friends 9:00 – Brain Booster 10:00 – Social Club 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day (Downstairs) 11:30 – Meditation 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 1:00 – Bingo 2:00 – Scrabble Club (Dining Room) 2:00 – Tai Chi with Spencer</p>	<p>17</p> <p>9:00 – Brain Booster Club 10:00 – Video Series 10:00 – Painting & Drawing with Chuck (Downstairs) 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia (Dining Room) 1:00 – Canasta (Upstairs) 1:00 – Bingo 2:00 – Meditation</p>	<p>18</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Walking Club 10:00 – Lecture: Stroke Awareness 11:00 – Bingo 11:00 – Dancercise with Carol (Livestream) 1:00 – Karaoke 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 2:00 – Chair Yoga with Patty</p>	<p>19</p> <p>9:00 – Brain Booster Club 10:00 – Card Games (Downstairs) 10:30 – Exercise with YMCA 11:00 – Bingo 11:30 – Meditation 1:00 – Movie 1:00 – Bingo, Canasta (Upstairs) 2:00 – Board Games 3:00 – Dancercise with Carol (Livestream)</p>	<p>AUGUST BIRTHDAY CELEBRATION 20</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Trivia, Social Club 11:00 – Tai Chi with Laurie cancelled 11:00 – Bingo 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Card Games, Social Club (Dining Room) 3:00 – Tai Chi with Spencer</p>
<p>23</p> <p>9:00 – Crocheting with Friends 9:00 – Brain Booster 10:00 – Social Club 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day (Downstairs) 11:30 – Meditation 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 1:00 – Bingo 2:00 – Scrabble Club (Dining Room) 2:00 – Tai Chi with Spencer</p>	<p>24</p> <p>9:00 – Brain Booster Club 10:00 – Video Series 10:00 – Painting & Drawing with Chuck (Downstairs) 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia (Dining Room) 1:00 – Canasta (Upstairs) 1:00 – Bingo 2:00 – Meditation</p>	<p>25</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Walking Club 10:00 – Social Club 11:00 – Bingo 11:00 – Dancercise with Carol (Livestream) 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 1:30 – Summer Soiree with Emerge/GCCNR 2:00 – Chair Yoga with Patty</p>	<p>26</p> <p>9:00 – Brain Booster Club 10:00 – Card Games (Downstairs) 10:30 – Exercise with YMCA 11:00 – Bingo 11:30 – Meditation 1:00 – Bingo, Canasta (Upstairs) 1:15 – Lecture: Managing Arthritis 2:00 – Board Games 3:00 – Dancercise with Carol (Livestream)</p>	<p>27</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Trivia, Social Club 11:00 – Tai Chi with Laurie 11:00 – Bingo 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Card Games, Social Club (Dining Room) 3:00 – Tai Chi with Spencer</p>
<p>30</p> <p>9:00 – Crocheting with Friends 9:00 – Brain Booster 10:00 – Social Club 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day (Downstairs) 11:30 – Meditation 1:00 – Bridge (Upstairs) Mahjong (Downstairs) 1:00 – Bingo 2:00 – Scrabble Club (Dining Room) 2:00 – Tai Chi with Spencer</p>	<p>COUNTRY WESTERN DAY 31</p> <p>9:00 – Brain Booster Club 10:00 – Video Series 10:00 – Painting & Drawing with Chuck (Downstairs) 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia (Dining Room) 1:00 – Canasta (Upstairs) 1:00 – Bingo 2:00 – Meditation</p>	<p>LI PARROT SOCIETY August 4th</p> 	<p><u>SEPTEMBER UPCOMING EVENTS</u></p> <p>Friday 3rd – Rosh Hashanah Saturday 11th – Senior Day Friday 24th – Crazy Hat Day Wednesday 29th – Polish Day Thursday 30th – Lecture</p>	<p>COUNTRY WESTERN DAY August 31st</p> 