

January 2022 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, Brain Booster 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day 11:30 – Meditation 1:00 – Bridge, Mahjong, Bingo 1:15 – Food Shopping 2:00 – Scrabble Club 2:00 – Tai Chi with Spencer	4 PAJAMA DAY 9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia 1:00 – Canasta 1:00 – Bingo 2:00 – Tai Chi with Laurie	5 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation 11:00 – Bingo 1:00 – Karaoke 1:00 – Bridge 1:00 – Mahjong 2:00 – Chair Yoga with Patty	6 9:00 – Brain Booster Club 10:00 – Card Games 10:30 – Exercise with YMCA 10:30 – Centre Club board meeting 11:30 – Meditation 1:00 – Canasta 1:00 – Bingo 1:15 – Food Shopping 1:30 – Centre Club meeting	7 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Trivia 10:00 – Tai Chi with Laurie 11:00 – Stretching & Meditation 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Card Games, Beginner Canasta 2:00 – Classic TV Series 3:00 – Tai Chi with Spencer
10 9:00 – Crocheting with Friends, Brain Booster 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day 11:30 – Meditation 1:00 – Bridge, Mahjong, Bingo 1:15 – Food Shopping 2:00 – Scrabble Club 2:00 – Tai Chi with Spencer	11 9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia 1:00 – Canasta 1:00 – Bingo 2:00 – Tai Chi with Laurie	12 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation 11:00 – Bingo 1:00 – Karaoke 1:00 – Bridge 1:00 – Mahjong 2:00 – Chair Yoga with Patty	13 9:00 – Brain Booster Club 10:00 – Card Games 10:30 – Exercise with YMCA 11:30 – Meditation 1:00 – Canasta 1:00 – Bingo 1:15 – Food Shopping	14 MLK Day 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Trivia 10:00 – Tai Chi with Laurie 11:00 – Stretching & Meditation 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Card Games, Beginner Canasta 2:00 – Classic TV Series 3:00 – Tai Chi with Spencer
17 Closed for Martin Luther King Day 	18 9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia 1:00 – Canasta 1:00 – Bingo 2:00 – Tai Chi with Laurie	19 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation 11:00 – Bingo 1:00 – Karaoke 1:00 – Bridge 1:00 – Mahjong 2:00 – Chair Yoga with Patty	20 9:00 – Brain Booster Club 10:00 – Card Games 10:30 – Exercise with YMCA 11:30 – Meditation 1:00 – Canasta 1:00 – Bingo 1:15 – Food Shopping 1:30 – Centre Club meeting	21 Birthdays 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Trivia 10:00 – Tai Chi with Laurie 11:00 – Stretching & Meditation 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Card Games, Beginner Canasta 2:00 – Classic TV Series 3:00 – Tai Chi with Spencer
24 9:00 – Crocheting with Friends, Brain Booster 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day 11:30 – Meditation 1:00 – Bridge, Mahjong, Bingo 1:15 – Food Shopping 2:00 – Scrabble Club 2:00 – Tai Chi with Spencer	25 9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 11:00 – Total Body Fitness w/ Samantha (Livestream) 11:00 – Trivia 1:00 – Canasta 1:00 – Bingo 1:00 – LILA meeting 2:00 – Tai Chi with Laurie	26 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation 11:00 – Bingo 1:00 – Karaoke 1:00 – Bridge 1:00 – Mahjong 2:00 – Chair Yoga with Patty	27 9:00 – Brain Booster Club 10:00 – Card Games 10:30 – Exercise with YMCA 11:30 – Meditation 1:00 – Canasta 1:00 – Bingo 1:15 – Food Shopping	28 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Trivia 10:00 – Tai Chi with Laurie 11:00 – Stretching & Meditation 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Card Games, Beginner Canasta 2:00 – Classic TV Series 3:00 – Tai Chi with Spencer
31 9:00 – Crocheting with Friends, Brain Booster 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day 11:30 – Meditation 1:00 – Bridge, Mahjong, Bingo 1:15 – Food Shopping 2:00 – Scrabble Club 2:00 – Tai Chi with Spencer				