



May 2022
Glen Cove Senior Center
130 Glen Street, Glen Cove, NY 11542
516-759-9610



Nassau County Office for the Aging

This program is made possible with funding from 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>2</p> <p>9:00 – Crocheting with Friends, Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Bridge, Mahjong, Bingo 1:15 – Food Shopping 2:00 – Scrabble Club 2:00 – Tai Chi w/Spencer</p>	<p>3</p> <p>9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series: The Gilded Age 11:00 – Total Body Fitness w/Samantha-Livestream 11:00 – Trivia 1:00 – Canasta, Ping Pong 1:00 – Bingo 1:00 – Nutrition Lecture: Food Storage Tips 2:00 – Tai Chi with Laurie</p>	<p>4</p> <p>NY METS TRIP (Reservations Required) 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation 11:00 – Bingo 11:00 – Chess Club 1:00 – Karaoke 1:00 – Bridge, Mahjong 2:00 – Chair Yoga with Patty</p>	<p>5</p> <p>9:00 – Brain Booster Club 10:00 – Card Games: UNO 10:30 – Exercise with YMCA 12:00 – CINCO DE MAYO CELEBRATION 1:00 – Canasta 1:30 – Centre Club 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p>6</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – FUNday 10:00 – Tai Chi with Laurie 11:00 – Stretching & Strength Training 12:00 – MOTHER’S DAY CELEBRATION 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – BEAD Jewelry Making, Beginner Canasta 3:00 – Tai Chi with Spencer</p>
<p>9</p> <p>9:00 – Crocheting with Friends, Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Bridge, Mahjong, Bingo 1:00 – Wii Games 1:15 – Food Shopping 2:00 – Scrabble Club 2:00 – Tai Chi w/Spencer</p>	<p>10</p> <p>9:00 – Brain Booster Club 9:00 – 11:45 – Haircuts w/Mike by appointment 10:00 – Painting & Drawing with Chuck 10:00 – Walking Club 11:00 – Total Body Fitness w/Samantha-Livestream 11:00 – Project Hope Bereavement 11:00 – Trivia 1:00 – Canasta, Ping Pong 1:00 – Bingo 2:00 – Tai Chi with Laurie</p>	<p>11</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation 11:00 – Bingo 11:00 – Chess Club 1:00 – Karaoke 1:00 – Bridge, Mahjong 2:00 – Chair Yoga with Patty</p>	<p>12</p> <p>9:00 – Brain Booster Club 9:30 – 12:00 – SNAP By Appointment Only 10:00 – Card Games: Gin Rummy 10:30 – Exercise with YMCA 11:30 – Improv Club 1:00 – Movie 1:00 – Canasta 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p>13</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – FUNday 10:00 – Tai Chi with Laurie 9:00 – 1:00 – Health Assessments w/Northwell 11:00 – Stretching & Strength Training 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Trivia, Beginner Canasta 3:00 – Tai Chi with Spencer</p>
<p>16</p> <p>9:00 – Crocheting with Friends, Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Bridge, Mahjong, Bingo 1:00 – MUSIC JAM with Jeff 1:15 – Food Shopping 2:00 – Scrabble Club 2:00 – Tai Chi w/Spencer</p>	<p>17</p> <p>9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series: The Gilded Age 11:00 – Total Body Fitness w/Samantha-Livestream 11:00 – Trivia 1:00 – Canasta, Ping Pong 1:00 – Bingo 2:00 – Tai Chi with Laurie 2:00 – Ceramics for ALL levels</p>	<p>18</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation 11:00 – Bingo 11:00 – Chess Club 1:00 – Karaoke 1:00 – LILA 1:00 – Bridge, Mahjong 2:00 – Chair Yoga with Patty</p>	<p>19</p> <p>9:00 – Walk with A Doctor 9:00 – Brain Booster Club 10:00 – Card Games: Poker 10:30 – Exercise with YMCA 11:30 – Garden Club 1:00 – Canasta 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club</p>	<p>20</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – FUNday 10:00 – Tai Chi with Laurie 11:00 – Stretching & Strength Training 12:30 – MAY BIRTHDAY CELEBRATION 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – BEAD Jewelry Making, Beginner Canasta 3:00 – Tai Chi with Spencer</p>
<p>23</p> <p>9:00 – Crocheting with Friends, Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Bridge, Mahjong, Bingo 1:00 – Wii Games 1:15 – Food Shopping 2:00 – Scrabble Club 2:00 – Tai Chi w/Spencer</p>	<p>24</p> <p>9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Walking Club 11:00 – Total Body Fitness w/Samantha-Livestream 11:00 – Trivia 11:00 – Project Hope Bereavement 1:00 – Canasta, Ping Pong 1:00 – Bingo 2:00 – Tai Chi with Laurie</p>	<p>25</p> <p>11:00 am to 2:00 pm</p>  <p>Location to be determined</p>	<p>26</p> <p>9:00 – Brain Booster Club 10:00 – Card Games: Go Fish 10:30 – Exercise with YMCA 11:30 – Improv Club 1:00 – Movie 1:00 – Canasta 1:15 – Food Shopping 2:00 – Billiards Club 6:00 – CIRCLE OF FRIENDS reservation required</p>	<p>27</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Tai Chi with Laurie 10:15 – GLASS Jewelry Making with Naomi 11:00 – Stretching & Strength Training 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Trivia, Beginner Canasta 3:00 – Tai Chi with Spencer</p>
<p>30</p> <p>The Senior Center is Closed</p> 	<p>31</p> <p>9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series: The Gilded Age 11:00 – Total Body Fitness w/Samantha-Livestream 11:00 – Trivia 1:00 – Canasta, Ping Pong 1:00 – Bingo 2:00 – Tai Chi with Laurie 2:00 – Ceramics for ALL levels</p>	<p>CIRCLE OF FRIENDS IS BACK! Join us Thursday, May 26th from 6 pm to 8 pm for PENNY LANE – A BEATLES TRIBUTE RESERVATIONS REQUIRED! See Jacqui or Heidi to sign up</p>	<p>Mark your calendars for June: Thursday, June 9th – Argyle Theatre Trip Friday, June 17th – Father’s Day Celebration Friday, June 25th – 60’s Decade Celebration Tuesday, June 28th – North Fork Trip Wednesday, June 29th – Circle of Friends</p>	<p>The Glen Cove Senior Center is open Monday through Friday from 9:00 am to 5:00 pm. The Center is closed on weekends and holidays.</p>