



November 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, the U. S. Administration on Aging and the City of Glen Cove

Monday



Tuesday

Wednesday

Thursday

Friday

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| <p>CANDLELIGHT DINNER DINNER, RAFFLES, DJ, DANCING, PICTURE BOOTH, & MORE! Saturday, Dec. 10th 5:00pm – 8:00pm</p> | <p>1 9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series 11:00 – Trivia 11:00 – Project Hope Bereavement 11:00 – Total Body Fitness with Marvin 1:00 – “Understanding Sweeteners” Lecture 1:00 – Canasta 2:15 – Karaoke</p> | <p>2 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation with Nick 11:00 – Chess Club 1:00 – “The Alexander Technique” Workshop 1:00 – Bridge 1:00 – Mahjong 2:00 – Chair Yoga with Patty</p> | <p>3 9:00 – Brain Booster Club 10:00 – Card & Board Games 10:30 – Exercise with YMCA 10:30 – Centre Club Board Meeting 11:30 – Cornhole with Eric 1:00 – Canasta 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club</p> | <p>4 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – FUNday with Eric 11:00 – Stretching & Strength Training with Nick 1:00 – Bingo 1:00 – Pet Therapy with Koda 1:15 – Line Dancing with Kathy 2:00 – Canasta 3:00 – Tai Chi with Spencer</p> |
| <p>7 9:00 – Crocheting with Friends 9:00 – Brain Booster 10:00 – 12:00 – FREE FLU SHOTS with NORTHWELL 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – “General Surgery Services at Glen Cove Hospital” Lecture 1:00 – Bridge & Mahjong 1:15 – Food Shopping 2:00 – Tai Chi with Spencer 2:00 – Scrabble Club</p> | <p>8  THE GLEN COVE SENIOR CENTER IS CLOSED </p> | <p>9 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation with Nick 11:00 – Chess Club 1:00 – “The Other Frank” Music Performance 1:00 – Bridge 1:00 – Mahjong 2:00 – Chair Yoga with Patty</p> | <p>10 9:00 – Brain Booster Club 10:00 – Card & Board Games 10:30 – Exercise with YMCA 11:00 – American Legion Meeting 12:00 – VETERAN’S DAY LUNCHEON 1:00 – MOVIE 1:00 – Canasta 1:15 – Food Shopping 2:00 – Billiards Club</p> | <p>11 THE GLEN COVE SENIOR CENTER IS CLOSED </p> |
| <p>14 9:00 – Crocheting with Friends 9:00 – Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Bingo, Bridge, & Mahjong 1:15 – Food Shopping 2:00 – Tai Chi with Spencer 2:00 – Scrabble Club</p> | <p>15 9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series 11:00 – Total Body Fitness with Marvin 11:00 – Trivia 1:00 – Open Site Council Meeting 2:15 – Karaoke</p> | <p>16 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:15 – CHECKERS TOURNAMENT 10:00 – Stretching & Meditation with Nick 11:00 – Chess Club 1:00 – Medicare & Medicaid Talk 1:00 – Bingo 1:00 – Bridge 1:00 – Mahjong 1:00 – LILA 2:00 – Chair Yoga with Patty</p> | <p>17 9:00 – Walk with A Doc 9:00 – Brain Booster Club 9:30 – 12:00 – SNAP By Appointment Only 10:00 – Card & Board Games 10:30 – Exercise with YMCA 11:30 – Drum Circle with Eric 1:00 – Canasta 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club</p> | <p>18 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – FUNday with Eric 11:00 – Stretching & Strength Training with Nick 12:45 – NOVEMBER BIRTHDAY CELEBRATION 1:00 – Pet Therapy with Koda 1:15 – Line Dancing with Kathy 2:00 – Canasta 3:00 – Tai Chi with Spencer</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>21</p> <p>9:00 – Crocheting with Friends 9:00 – Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 12:00 – THANKSGIVING LUNCHEON 1:00 – Bingo, Bridge, & Mahjong 1:00 – Karaoke 1:15 – Food Shopping 2:00 – Tai Chi with Spencer 2:00 – Scrabble Club</p> | <p>22</p> <p>9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 11:00 – Project Hope Bereavement 11:00 – Total Body Fitness with Marvin 12:00 – GCHS CHORUS HOLIDAY PERFORMANCE 1:00 – Bingo 1:00 – Canasta 1:00 – Ping Pong</p> | <p>23</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation with Nick 11:00 – Chess Club 1:00 – Bridge 1:00 – Mahjong 1:00 – Bingo 2:00 – Chair Yoga with Patty</p> | <p>24</p> <p>THE GLEN COVE SENIOR CENTER IS CLOSED</p>  | <p>25</p> <p>THE GLEN COVE SENIOR CENTER IS CLOSED</p>  |
| <p>28</p> <p>9:00 – Crocheting with Friends 9:00 – Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 1:00 – Music Jam with Jeff 1:00 – Bingo, Bridge, & Mahjong 1:15 – Food Shopping 2:00 – Tai Chi with Spencer 2:00 – Scrabble Club</p> | <p>29</p> <p>9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 11:00 – Total Body Fitness with Marvin 1:00 – Bingo 1:00 – Canasta 1:00 – Ping Pong</p> | <p>30</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation with Nick 11:00 – Intergenerational Discussions with Friends 11:00 – Chess Club 1:00 – Bingo 1:00 – Bridge 1:00 – Mahjong 2:00 – Chair Yoga with Patty</p> | <p>MARK YOUR CALENDARS: 11/2 – The Alexander Technique 11/9 – The “Other” Frank Music Show 11/10 – Veteran’s Day Luncheon 11/16 – Checkers Tournament 11/18 – November Birthday Celebration 11/21 – Thanksgiving Luncheon 11/22 – GCHS Chorus Holiday Performance 11/30 – Intergenerational Discussion</p> | <p><i>The Glen Cove Senior Center staff would like to wish you all a very happy Thanksgiving!</i> <i>“May your blessings outnumber the autumn leaves.”</i></p> |



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Glen Cove Senior Center Hours of Operation:

Monday – Friday

9:00 am to 5:00 pm

516-759-9610

Meals suggested contribution: \$3.00

Bus suggested contribution: \$1.00 each way

Site Council Meeting: Tuesday, November 15 – 1:00 pm

November Birthdays Celebration: Friday, November 18

PLEASE CALL TO RESERVE MEALS & TRANSPORTATION

516-676-6182