



March 2023

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

Table with 5 columns (Monday-Friday) and 3 rows of activities. Each cell contains a date, a list of activities with times, and a page number in the top right corner. Includes sections like 'TRIPS: ON SALE NOW!', 'ZUZU AFRICAN ACROBATS TRIP', and 'LI NETS BASKETBALL GAME TRIP'.

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
9:00 – Crocheting with Friends 9:00 – Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Music Jam with Jeff 1:00 – Bridge, Mahjong, & Canasta 1:00 – Bingo 1:15 – Food Shopping 2:00 – Tai Chi w/ Spencer	9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series 11:00 – Trivia with Eric 11:00 – Total Body Fitness with Marvin 1:00 – Math is Fun Part 2 Lecture with Frank 1:00 – Canasta & Mahjong 2:00 – Bingo 3:00 – Meditation & Yoga	9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation with Nick 10:00 – RUMMIKUB Tournament 11:00 – Poetry & Creative Writing 11:00 – Chess Club 1:00 – Belly Dance Show 1:00 – Canasta, Bridge, & Mahjong 2:00 – Chair Yoga with Patty 2:00 Bingo	<u>FOREVER PLAID TRIP</u> 9:00 – Brain Booster Club 9:30 – 1:00 – AARP Tax Assistance 10:00 – Card & Board Games 10:30 – Exercise with YMCA 1:00 – Canasta & Mahjong 1:00 – Bingo 1:15 – Food Shopping 2:00 – Billiards Club	9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – FUNday w/ Eric 11:00 – Stretching & Strength Training with Nick 12:45 – March Birthday celeb. 1:00 – Canasta, Bingo 1:15 – Line Dancing with Kathy 2:00 – Canasta, Bingo 3:00 – Tai Chi with Spencer
27	28	29	30	31
9:00 – Crocheting with Friends 9:00 – Brain Booster 10:00 – 12:00 – Haircuts with Rose 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Diabetes Lecture 1:00 – Bridge, Mahjong, & Canasta 1:15 – Food Shopping 2:00 – Bingo 2:00 – Tai Chi w/ Spencer 2:00 – Karaoke	9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series 11:00 – Trivia with Eric 11:00 – Total Body Fitness with Marvin 11:00 – Bereavement with COMHPS 1:00 – Brain Health Lecture 1:00 – Canasta & Mahjong 2:00 – Bingo	9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation with Nick 11:00 – Poetry & Creative Writing 11:00 – Chess Club 11:00 – DAKIM 11:00 – Tech Assistance 1:00 – Women of TV Lecture 1:00 – Canasta, Bridge, & Mahjong 2:00 – Chair Yoga with Patty 2:00 Bingo	<u>CLUE SHOW TRIP</u> 9:00 – Brain Booster Club 10:00 – Card & Board Games 10:30 – Exercise with YMCA 1:00 – Canasta & Mahjong 1:00 – Bingo 1:15 – Food Shopping 2:00 – Billiards Club	9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – FUNday w/ Eric 11:00 – Stretching & Strength Training with Nick 1:00 – Paint Party with Alicia 1:00 – Canasta, 1:15 – Line Dancing with Kathy 2:00 – Bingo 3:00 – Tai Chi with Spencer



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Glen Cove Senior Center Hours of Operation:

Monday – Friday

9:00 am to 5:00 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Site Council Meeting: Friday, March 3, 10:30am

Birthday Celebration: Friday, March 24, 12:45pm

PLEASE CALL TO RESERVE MEALS & TRANSPORTATION

516-676-6182