

November 2023 Activities

GLEN COVE SENIOR CENTER, 130 Glen Street, GC, NY 11542
516-759-9610

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
<u>TRIPS ON SALE NOW!</u> 11/8 – Tilles Center Show 12/6 – A Christmas Carol Show 12/27 – Mary Poppins Musical	<u>MARK YOUR CALENDARS:</u> 11/2 – GOLDEN GALLERY RECEPTION 11/9 – VETERAN'S DAY LUNCHEON 11/15 – LOCAL HEROES LUNCHEON 11/15 – CIRCLE OF FRIENDS 11/17 – NOVEMBER BIRTHDAY CELEBRATION 11/17 – SAMMY DAVIS TRIBUTE SHOW 11/20 – THANKSGIVING LUNCHEON 11/21 – LONG ISLAND SPY RING LECTURE 11/29 – SHUFFLEBOARD TOURNAMENT	9:00 – Seniorobics w/ Fran 1 9:00 – Crocheting w/ Friends 10:00 – Stretching & Strength Training w/ Nick 10:00 - 12:00 – Tech Assistance w/ John 11:00 – Rummikub Club 1:00 – SENIOR LIVING & CARE OPTIONS LECTURE w/ CareFirst Home Solutions 1:00 – Bridge, Canasta, & Mahjong 2:00 – Bingo 2:00 – Chair Yoga w/ Patty	9:00 – Brain Booster Club 2 10:00 – Card & Board Games 10:30 – CC Board Meeting 10:30 – Exercise/YMCA 11:30 – Drum Circle w/ Eric 1:00 – GOLDEN GALLERY RECEPTION 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club	9:00 – Seniorobics w/ Fran 3 9:00 – Crocheting w/ Friends 10:30 – SITE COUNCIL 11:00 – Book Club 11:00 – Trivia w/ Nancy 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo & Canasta 1:15 – BALANCE WORKOUT w/ Merri 1:15 – Line Dancing w/ Kathy 3:00 – Tai Chi w/ Spencer
9:00 – Crocheting w/ Friends 6 9:00 – Brain Booster Club 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:00 – KARAOKE 1:00 – OVARIAN CANCER LECTURE (Zoom) 1:00 – Bingo, Bridge, Mahjong, & Canasta 1:15 – Food Shopping 2:00 – Tai Chi w/ Spencer	THE SENIOR CENTER IS CLOSED  ELECTION DAY	TILLES CENTER TRIP 8 9:00 – Seniorobics w/ Fran and Crocheting 10:00 – Stretching & Strength Training w/ Nick 10:00 - 12:00 – Tech Assistance w/ John 11:00 – MUSIC WITH MICHELLE 1:00 – ZUMBA Sponsored by: VNS Health 1:00 – Bingo, Bridge, Canasta, & Mahjong 2:00 – Chair Yoga w/ Patty	9 9:00 – Brain Booster Club 10:00 – Card & Board Games 11:00 – American Legion Meeting 10:30 – Exercise/YMCA 12:00 – VETERAN'S DAY CELEBRATION Sponsored by: Emerge & Glen Cove Rehabilitation 1:00 – Canasta & Mahjong 1:15 - MOVIE 1:15 – Food Shopping 2:00 – Billiards Club	10 THE SENIOR CENTER IS CLOSED 
13 9:00 – Crocheting w/ Friends 9:00 – Brain Booster Club 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – NUTRITION LECTURE 1:00 – Bingo 1:00 – Bridge, Mahjong, & Canasta 1:15 – Food Shopping 2:00 – Tai Chi w/ Spencer	14 10:00 – Painting & Drawing w/ Chuck 11:00 – Bereavement with COMHPS 11:00 – Trivia w/ Nancy 11:00 – Total Body Fitness w/ Marvin 1:00 – HOW TO SAVE MONEY ON PRESCRIPTION MEDICATIONS LECTURE w/ Howard Gursky 1:00 – Social Connect Group 1:00 – Foot Check-Up w/ Dr. Grossman Podiatrist 1:00 – Canasta, Bridge, & Mahjong 2:00 – Bingo & Ping Pong	15 9:00 – Seniorobics & Crocheting w/ Friends 10:00 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 10:00 - 12:00 – Tech Assistance w/ John 12:00 – LOCAL HEROES LUNCHEON 1:00 – Bridge, Canasta, & Mahjong 1:00 – FRAUD PREVENTION LECTURE w/ FCA 2:00 – Bingo 2:00 – Chair Yoga w/ Patty 6:00 PM – 8:00 PM – CIRCLE OF FRIENDS	16 9:00 – Walk with a Doc (Boys & Girls Club) 9:00 – Brain Booster Club 9:30 – 12:00 – SNAP By Appointment Only 10:00 – Card & Board Games 10:30 – CC Board Meeting 10:30 – Exercise/YMCA 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 1:00 – Canasta & Mahjong 1:15 – Food Shopping	17 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 9:00 – 12:00 Health Assessments w/Northwell 10:15 – FUNday w/ Eric 11:00 – Trivia w/ Nancy 11:00 – Stretching & Meditation w/ Nick 12:45 – NOVEMBER BIRTHDAYS CELEBRATION 1:00 – Canasta 1:15 – SAMMY DAVIS JR. TRIBUTE SHOW 1:15 – Line Dancing w/ Kathy 2:00 – Bingo 3:00 – Tai Chi w/ Spencer
20 9:00 – Crocheting w/ Friends 9:00 – Brain Booster Club 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 12:00 – THANKSGIVING LUNCHEON Sponsored by: CareFirst 1:15 – MUSIC WITH MICHELLE 1:00 – Bingo, Bridge, Mahjong, & Canasta 1:15 – Food Shopping 2:00 – Tai Chi w/ Spencer	21 9:00 – Brain Booster Club 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia w/ Nancy 11:00 – Total Body Fitness w/ Marvin 1:00 – GEORGE WASHINGTON'S CULPER SPY RING LECTURE w/ Bill Bleyer 1:00 – Canasta, Bridge, & Mahjong 1:00 – Foot Check-Up w/ Dr. Grossman Podiatrist 2:00 – Bingo & Ping Pong	22 9:00 – Seniorobics & Crocheting w/ Friends 10:00 – Stretching & Strength Training w/ Nick 10:00 - 12:00 – Tech Assistance w/ John 11:00 – Rummikub Club 1:00 – LILA 1:00 – Bingo 1:00 – Bridge, Canasta, & Mahjong 2:00 – Chair Yoga w/ Patty	23 THE SENIOR CENTER IS CLOSED 	24 THE SENIOR CENTER IS CLOSED 
27 9:00 – Crocheting w/ Friends 9:00 – Brain Booster Club 10:00 – 12:00 - Haircuts w/ Rose by Appointment 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:00 – KARAOKE 1:00 – MATH IS FUN LECTURE PART 4 1:00 – Bridge, Mahjong, & Canasta 1:15 – Food Shopping 2:00 – Bingo 2:00 – Tai Chi w/ Spencer	28 10:00 – Painting & Drawing w/ Chuck 11:00 – Bereavement with COMHPS 11:00 – Trivia w/ Nancy 11:00 – Total Body Fitness w/ Marvin 1:00 – CHECK YOUR MEDICARE PLAN LECTURE 1:00 – Social Connect Group 1:00 – Canasta, Bridge, & Mahjong 1:00 – Foot Check-Up w/ Dr. Grossman Podiatrist 2:00 – Bingo & Ping Pong	29 9:00 – Seniorobics & Crocheting w/ Friends 10:00 – Stretching & Strength Training w/ Nick 10:00 - 12:00 – Tech Assistance w/ John 10:30 – SHUFFLEBOARD TOURNAMENT 11:00 – Rummikub Club 1:00 – PAINT PARTY w/ Alicia 1:00 – Bingo, Bridge, Canasta, & Mahjong 2:00 – Chair Yoga w/ Patty	30 9:00 – Brain Booster Club 10:00 – Card & Board Games 10:30 – Exercise/YMCA 11:00 – MUSIC WITH MICHELLE 1:00 – FALL PREVENTION LECTURE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	<p><i>The Glen Cove Senior Center staff would like to wish you all a very happy Thanksgiving!</i></p> <p><i>“May your blessings outnumber the autumn leaves.”</i></p>