



August 2026
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
9:05 – Brain Booster Club 9:05 – Crocheting 3 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – TIMELESS MEMORIES w/ Mary Malloy Sponsored by: NEW YORK LIFE 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	NATIONAL FRIENDSHIP DAY 4 10:00 – Painting & Drawing w/ Chuck 11:00 – Total Body Fitness 11:00-2:00 – Manicures 11:00 – LETTERS & LIVES WORKSHOP 11:00 – Trivia 11:00 – BEREAVEMENT GROUP with COMHPS 12:00 – JAZZ DAY LUNCHEON 1:00 – Yoga & Pilates w/ Karen 1:00 – Bingo 1:00 – Canasta, Mahjong, Bridge 1:00 – Ping Pong	SCHMIGADOON BROADWAY TRIP 5 9:05 – Seniorobics w/ Fran 9:05-12:00 – Learn to Crochet w/ Kate 10:15 – Stretching & Strength Training w/ Nick 1:00 – Bridge 1:00 – Canasta & Mahjong 1:00 – Bingo 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	9:05 – Brain Booster Club 6 10:15 – Card & Board Games 10:30 – CC Board Meeting 10:45 – ART EXPRESSION WORKSHOP w/ Ivonne 11:00 – Exercise YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club	ESSEX STEAM TRAIN TRIP 7 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 12:00 – PURPLE HEART LUNCHEON 1:00 – Bingo, Canasta, & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club 10 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub 11:00 – MUSIC JAM w/ Jeff 11:15 – GARDEN CLUB MEETING 1:00 – BROADWAY NIGHTS Performance 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 11 10:15 – WALKING CLUB 11:00-2:00 – Manicures 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 11:00 – INTERACTIVE LIVE TOUR: YORKSHIRE 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required	9:05 – Seniorobics w/ Fran 12 9:05-12:00 – Learn to Crochet w/ Kate 10:15 – Stretching & Strength Training w/ Nick 10:45 – PEACE EDUCATION PROGRAM INTRO 1:00 – Bingo, Bridge, Canasta, & Mahjong 2:00 – Chair Yoga, Toning, & Balance w/ Nilo 6:00 – 9:00 – FASHION SHOW \$15 DINNER INCLUDED RESERVATIONS REQUIRED OPEN TO EVERYONE OF ALL AGES	10:15 – Card & Board Games 13 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise YMCA 11:00-2:00 – Manicures 11:00 – American Legion Meeting 1:00 – LILA 1:00 – URBAN ZEN MEDITATION WORKSHOP Sponsored By: GLENGARIFF REHAB HEALTHCARE 1:15 – BEAT AT YOUR OWN DRUM Workout 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 14 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Rummikub Club 11:00 – Trivia 11:00 – Stretching & Meditation w/Nick 12:00 – LUAU LUNCHEON Sponsor: SINCLAIR PORT WASHINGTON 1:00 – Bingo, Canasta, & Bridge 1:15 – Line Dancing W/ Kathy 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club 17 9:05 – Crocheting w/ Friends 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – OLIVIA NEWTON JOHN Tribute Show 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 18 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – LETTERS & LIVES WORKSHOP 11:00 – BEREAVEMENT GROUP with COMHPS 12:45 – CRAZY HAT DAY 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Bingo, Canasta, Mahjong, & Bridge	BEAUTIFUL MUSICAL TRIP 19 9:05 – Seniorobics w/ Fran 9:05-12:00 – Learn to Crochet w/ Kate 10:15 – Stretching & Strength Training w/ Nick 11:00 – WOMEN’S CLUB 11:00 – Rummikub Club 1:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	9:00 – WALK WITH A DOC Garvies Point 20 9:30 – 12:00 – SNAP By Appointment 10:15 – Card & Board Games 10:30 – CC Board Meeting 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise YMCA 11:00-2:00 – Manicures 1:00 – Canasta & Mahjong 1:15 – Food Shopping	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 21 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:45 – AUGUST BIRTHDAY’S CELEBRATION 1:15 – Bingo, Canasta, & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required
9:05 – Brain Booster Club 24 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – Canasta, Mahjong, & Bridge 1:00 – THE MAN WHO SHOT JP MORGAN Lecture 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – FREE BINGO w/ PRIZES Sponsor: GLENGARIFF REHAB HEALTHCARE 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 25 10:15 – WALKING CLUB 11:00-2:00 – Manicures 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – CLASSIC TUNES THROUGH THE DECADES 1:00 – Yoga & Pilates w/ Karen 2:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Ping Pong	COME FROM AWAY MUSICAL TRIP 26 9:05 – Seniorobics w/ Fran 9:05-12:00 – Learn to Crochet w/ Kate 10:15 – Stretching & Strength Training w/ Nick 10:45 – PEACE EDUCATION PROGRAM 11:00 – WOMEN’S CLUB 1:00 – NATIONAL DOG DAY CELEBRATION 1:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	10:15 – Card & Board Games 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – MOVIE 1:00 – Canasta & Mahjong 1:15 – BEAT AT YOUR OWN DRUM Workout 1:15 – Food Shopping 2:00 – Billiards Club 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required	9:05 – Seniorobics w/ Fran 28 9:05 – Crocheting w/ Friends 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo, Canasta, & Bridge 1:15 – PAINT PARTY w/ Alicia 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club 9:05 – Crocheting 31 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – GOLDEN OLDIES w/ Joey Nickels 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Canasta, Mahjong, & Bridge 2:00 – FREE BINGO w/ PRIZES Sponsor: GLENGARIFF REHAB HEALTHCARE 2:30 – Tai Chi w/ Spencer	TRIPS ON SALE NOW: 9/9 – East End Winery & Shopping 9/17 – Feast of San Gennaro 100yr. 9/30 – NYC Bus Tour & Museum 10/TBA – Oktoberfest 10/7 – On Your Feet Musical 10/14 – Cabaret Musical 11/18 – Mary Poppins Musical 12/2 – A Christmas Carol 12/16 – Million Dollar Quartet	FASHION SHOW August 12 6:00pm – 9:00pm DINNER/DJ/DANCING PHOTO BOOTH/DOOR PRIZES JUST \$15 Open to EVERYONE of ALL ages	MARK YOUR CALENDARS: 8/3 – MARY MALLOY PERFORMANCE 8/4 – JAZZ DAY LUNCHEON 8/7 – PURPLE HEART LUNCHEON 8/10 – BROADWAY NIGHTS PERFORMANCE 8/12 – FASHION SHOW 8/14 – LUAU LUNCHEON 8/18 – CRAZY HAT DAY 8/24 – THE MAN WHO SHOT JP MORGAN 8/25 – PAT FERRELL PERFORMANCE 8/31 – JOEY NICKELS PERFORMANCE	SAGE FOUNDATION GOLF OUTING Save the Date October 1 Glen Cove Golf Club