November 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 **2** 9:05 – Crocheting w/ Friends 9:45 – Exercise w/ YMCA 11:00 – Rummikub **1:00 – TRIVIA GAMESHOW w/ PRIZES** **Sponsored By: *THE ARBORS*** 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	**THE SENIOR CENTER IS CLOSED** **3** 	9:05 – Brain Booster Club **4** 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 – SIMON & GARFUNKEL w/ Jay Daniels** 2:00 – Bingo, Bridge, Canasta, & Mahjong 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	9:05 – Crocheting w/ Friends **5** 10:15 – Card & Board Games **10:30 – CC Board Meeting** **10:45 – CHORAL CLUB w/ Andrea & Bob** 11:00 – Exercise w/ YMCA **1:00-2:00 – GOLDEN GALLERY RECEPTION** 1:00 – Canasta & Mahjong 1:15 – Food Shopping **1:30 – Centre Club** 2:00 – Billiards Club	9:05 – Seniorobics 9:05 – Crocheting **6** **10:00-11:30 – SEWING CLUB w/ Stephanie** **11:00 – BOOK CLUB** 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 11:00 – Rummikub Club **1:00 – MEDICARE & MEDICAID UPDATES** **Sponsored By: *HEALTHFIRST*** 1:15 – Line Dancing 2:00 – Bingo 2:00 – Canasta & Bridge 2:30 – Tai Chi
9:05 – Brain Booster Club **9** 9:05 – Crocheting w/ Friends 9:45 – Exercise w/ YMCA 11:00 – Rummikub **11:00 – TECH ASSISTANCE w/ Jessica** **1:00 – SAVE MONEY ON PRESCRIPTION DRUGS** **Sponsored By: *HOWARD GURSKY INSURANCE*** 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck **10** 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia **11:00 – BEREAVEMENT GROUP with COMHPS** **12:00 – VETERAN'S DAY LUNCHEON** **Sponsored By: *EMERGE & GC NURSING + REHAB*** 1:00 – Yoga & Pilates w/ Karen **1:15 – AMERICA DURING WW II Lecture** 2:15 – Bingo, Ping Pong, Canasta, & Mahjong **2:30 – INTERACTIVE LIVE TOUR: CAPITAL HILL, DC**	**THE SENIOR CENTER IS CLOSED** **11** 	9:05 – Crocheting w/ Friends **12** 10:15 – Card & Board Games **10:45 – CHORAL CLUB w/ Andrea & Bob** 11:00 – Exercise w/ YMCA **11:00 – American Legion Meeting** **1:00 – LILA** 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran **13** 9:05 – Crocheting w/ Friends **10:30 – SITE COUNCIL MEETING** 11:00 – Trivia 11:00 – Stretching & Meditation w/Nick 1:00 – Bingo 1:00 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster 9:05 – Crocheting **16** 9:45 – Exercise w/ YMCA 11:00 – Rummikub **11:00 – MUSIC JAM w/ Jeff** **1:00 – ART, MUSIC, & MEMORY WORKSHOP** **Sponsored By: *CARE FIRST HOME COMPANIONS*** **1:00-5:00 – ENHANCE VISIT w/ NORTHWELL** 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	**9:05-12:00 – ENHANCE VISIT w/ NORTHWELL** **17** 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin **11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne** **12:00 – LOCAL HEROES DAY LUNCHEON** 1:00 – Yoga & Pilates w/ Karen **1:15 – ARTS & CRAFTS PROJECT** **Sponsored By: *SILVER LINING HOME CARE*** 2:00 – Bingo, Canasta, Mahjong, Bridge, Ping Pong	**MARY POPPINS MUSICAL TRIP** **18** **9:05-12:00 – ENHANCE VISIT w/ NORTHWELL** 9:05 – Seniorobics 9:05-12:00 – Crochet 10:15 – Stretching & Strength Training w/ Nick **11:00 – WOMEN'S CLUB** 11:00 – Rummikub Club **11:00 – INTERACTIVE LIVE TOUR: CROATIA** **1:00 – TIMELESS MELODIES w/ Mary Malloy** 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	**9:00 – WALK WITH A DOC** **19** 9:05 – Crocheting w/ Friends **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 1:00 – Canasta & Mahjong 1:15 – Food Shopping **1:30 – Centre Club** 2:00 – Billiards Club	**9:05-12:00 – ENHANCE VISIT NORTHWELL** **20** 9:05 – Seniorobics w/ Fran **10:00-11:30 – SEWING CLUB w/ Stephanie** 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick **12:45 – NOVEMBER BIRTHDAY'S CELEBRATION** **1:15 – PAINT PARTY w/ Alicia** 1:15 – Bingo, Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club 9:05 – Crocheting **23** **11:00 – TECH ASSISTANCE w/ Jessica** 9:45 – Exercise w/ YMCA 11:00 – Rummikub **12:00 – THANKSGIVING LUNCHEON** **Sponsored By: *EMERGE & GC NURSING + REHAB*** **1:15 – A PIANO JOURNEY w/ Michael Siconolfi** 1:15 – ZUMBA 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	**9:05-12:00 – ENHANCE VISIT w/ NORTHWELL** **24** 10:00 – Painting & Drawing 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia **11:00 – BEREAVEMENT GROUP with COMHPS** 1:00 – Yoga & Pilates w/ Karen **1:00 – STRONG, STEADY, INDEPENDENT Lecture** **Sponsored By: *BRC PHYSICAL THERAPY*** 2:00 – Bingo 2:00 – Ping Pong 2:00 – Canasta, Mahjong, & Bridge	9:05 – Brain Booster 9:05 – Seniorobics **25** 9:05-12:00 – Learn to Crochet w/ Kate 10:15 – Stretching & Strength Training w/ Nick **11:00 – ENHANCE WORKSHOP W/ NORTHWELL** **11:00 – WOMEN'S CLUB** 11:00 – Rummikub **1:00 – ART EXPRESSION WORKSHOP w/ Ivonne** 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	**THE SENIOR CENTER IS CLOSED** **26** 	**THE SENIOR CENTER IS CLOSED** **27** 
9:05 – Brain Booster Club 9:05 – Crocheting **30** 9:45 – Exercise w/ YMCA **10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only)** 11:00 – Rummikub **1:00 – PROTECT YOURSELF FROM SCAMS Lecture** **Sponsored By: *HOWARD GURSKY INSURANCE*** 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	***MARK YOUR CALENDARS:*** **11/2 – TRIVIA GAMESHOW** **11/4 – SIMON & GARFUNKEL TRIBUTE** **11/5 – GOLDEN GALLERY RECEPTION** **11/10 – VETERAN'S DAY LUNCHEON** **11/17 – LOCAL HEROES DAY** **11/18 – TIMELESS MELODIES MARY M.** **11/23 – THANKSGIVING LUNCHEON** **11/23 – PIANO PERFORMANCE MIKE S.**	**TRIPS ON SALE NOW:** **12/2 – A Christmas Carol** **12/7 – NY Islander Game** **12/16 – Million Dollar Quartet** **2/9 – Nets Basketball Game** **2/24 – All Shook Up Musical** **4/21 – Sound of Music** **6/16 – Paddington Broadway**	**SAVE THE DATE!** ***CANDLELIGHT DINNER*** **Saturday, December 5** **5:00pm – 8:00pm** **RESERVATIONS REQUIRED** ***DINNER, RAFFLES, DJ, DANCING, PHOTO BOOTH & MORE!***	Happy Thanksgiving from your Senior Center family! ***Wishing all our wonderful members a joyous and heartfelt Thanksgiving! May your day be filled with warmth, gratitude, and cherished moments with loved ones.***