



# DECEMBER 2018

Glen Cove Adult Day Program 130 Glen Street, Glen Cove, NY 516 759 2345

MON	TUE	WED	THUR	FRI
<p>3</p> <p>10:00 World News</p> <p>10:30 <b>THE FESTIVAL OF LIGHTS:</b> The Story of Hanukkah</p> <p>11:15 <b>Strength Training</b> with Sharon</p> <p>12:15 Lunch Time</p> <p>1:30 <b>Zumba Gold</b> with Carol</p> <p>2:15 Hanukkah Jingo for 'Christmas Bucks'</p>	<p>4</p> <p>10:00 Science Times</p> <p>10:30 <b>DECK THE HALLS:</b> With a Euphorbia Plucherrima. Discovering the Origins of this Seasonal Plant?</p> <p>11:15 <b>Meditation</b> with Judy</p> <p>12:15 Lunch Time</p> <p>1:15 <b>Painting</b> with Liz</p> <p>2:15 Winter Word Hangman for 'Christmas Bucks'</p>	<p>5</p> <p>10:00 Headlines over Coffee</p> <p>10:30 <b>TRIP</b> <b>"IN THE MOMENT"</b> A Guided Tour of the Stony Brook Carriage Museum Followed by Lunch and a Scenic Drive</p>	<p>6</p> <p>10:00 World Events</p> <p>10:30 <b>THE FIRST DAY OF CHRISTMAS...</b> Traditions Surrounding This Holiday Season</p> <p>11:15 <b>Strength Training</b> with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 <b>MEMORY LANE</b> Songs from Around the World w/ Lois Morton</p>	<p>7</p> <p>10:00 Events over Coffee</p> <p>10:30 <b>THE GOLDEN VOICES:</b> Christmas Carols with our Senior Choral Group</p> <p>11:30 Stronger Seniors <b>Chair Exercise</b></p> <p>12:15 Lunch Time</p> <p>1:30 An Afternoon with <b>The Wonderful CONTINENTALS</b></p>
<p>10</p> <p>10:00</p> <p><b>TRIP:</b> <b>MAKING MEMORIES AT THE MOVIES:</b> Cinematic Reminiscing Program at the Huntington Cinema Arts Center Followed by Lunch and Activities in the Cafe</p>	<p>11</p> <p>ADP HOLIDAY PARTY</p> <p>10:00 Science Times</p> <p>10:30 <b>SILVER BELLS &amp; GREEN TREES:</b> Discussing the Colors of this Winter Season</p> <p>11:15 Stronger Seniors <b>Chair Exercise</b></p> <p>12:15 <b>ROCKING AROUND THE...</b> Kicking off the Season with Our ADP Party &amp; the Swinging Sounds of Gail Storm</p>	<p>12</p> <p>10:00 Current Events</p> <p>10:30 <b>HARK THE HERALD ANGELS:</b> Symbolism Behind These Heavenly Icons</p> <p>11:15 <b>Tai Chi</b> with Maria</p> <p>12:15 Lunch Time</p> <p>1:15 Ornament Word Search for 'Christmas Bucks'</p> <p>1:45 A Holiday Sing-along with <b>The Sweet SOUNDS OF JOY</b></p>	<p>13</p> <p>10:00 Coffee and News</p> <p>10:30 <b>...WHITE CHRISTMAS:</b> The Fascinating History of the White House</p> <p>11:15 <b>Strength Training</b> with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 <b>Collectors Corner:</b> A Close Look at the Beautifully Crafted Designs of the White House Christmas Ornaments w/ Michelle</p>	<p>14</p> <p>10:00 Headlines over Coffee</p> <p>10:30 <b>COMFORT &amp; JOY:</b> The Origins of this Festive Drink</p> <p>11:15 <b>Yoga</b> with Isabel</p> <p>12:15 Lunch Time</p> <p>1:30 An Afternoon with <b>The Wonderful CONTINENTALS</b></p>
<p>17</p> <p>10:00 Coffee and a Snack</p> <p>10:30 <b>FROSTY FORMATIONS:</b> Snowflake Creations with Locust Valley High School</p> <p>11:15 <b>Strength Training</b> with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 A Crafty Afternoon: Gingerbread Baking and Stocking Making w/ Michelle &amp; Katie</p>	<p>18</p> <p>VIEW GRILL PARTY</p> <p>10:00 Science Times</p> <p>10:30 <b>HERE COMES SANTA CLAUS:</b> The Folklore &amp; Fables of Ol' St Nick</p> <p>11:15 <b>Meditation</b> with Judy</p> <p>12:15 Lunch Time</p> <p>1:15 <b>CELEBRATIONS BY THE SOUND:</b> Holiday Party at the View Grill Desserts, Drinks &amp; Dancing to the Wonderful Music of Bobby V</p>	<p>19</p> <p>10:00 World News</p> <p>10:30 <b>SEASONS GREETINGS:</b> The Birth of the Christmas Card</p> <p>11:15 Stronger Seniors <b>Chair Exercise</b></p> <p>12:15 Lunch Time &amp; the Festive Beat of the <b>Long Island Jazz Ensemble</b></p> <p>2:00 Last Chance Games for 'Christmas Bucks'</p>	<p>20</p> <p>10:00 Coffee Followed by Shopping With Our 'Christmas Bucks' in our <b>ADP Holiday Boutique</b></p> <p>11:15 <b>Strength Training</b> with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 <b>MEMORY LANE:</b> Traditional Holiday Songs from Around the World w/ Lois Morton</p>	<p>21</p> <p>10:00 Coffee and a Snack!</p> <p>10:30 <b>ALL I WANT FOR ...:</b> Toys and Games From Yesteryear</p> <p>11:15 Stronger Seniors <b>Chair Exercise</b></p> <p>12:15 Lunch Time</p> <p>1:30 A Celebratory Afternoon with <b>The Wonderful CONTINENTALS</b></p>
<p>24</p> <p>10:00 Current Events</p> <p>10:30 <b>'Twas THE NIGHT BEFORE...</b> Holiday Readings &amp; Recitals</p> <p>11:15 <b>Strength Training</b> with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 <b>TRIP</b> A Stroll Around the Milleridge Christmas Shops</p>	<p>25</p> <p><b>CLOSED</b> For The Holidays Have a Happy, Safe &amp; Healthy One!</p> 	<p>26</p> <p>10:00 Coffee and a Snack</p> <p>10:30 <b>ROCKING RADIO CITY:</b> The Rich History of Radio City Music Hall &amp; the High Kicking Rockettes</p> <p>11:15 <b>Tai Chi</b> with Maria</p> <p>12:15 Lunch Time</p> <p>1:15 Holiday Jingo</p> <p>1:30 <b>The Sweet SOUNDS OF JOY</b></p>	<p>27</p> <p>10:00 Headlines and Coffee</p> <p>10:30 <b>JOY TO THE WORLD:</b> A Visit from Pat, Roy and our North Shore Puppies</p> <p>11:15 <b>Strength Training</b> with Sharon</p> <p>12:15 Lunch Time</p> <p>1:30 <b>AROMATIC ADVENTURES:</b> A Winter Chocolate Wonderland w/Lucy</p>	<p>28</p> <p>10:00 Current Events</p> <p>10:30 <b>MATUNDA YA KWANZAA:</b> Discussing the Seven Principles of Kwanzaa</p> <p>11:15 <b>Yoga</b> with Isabel</p> <p>12:15 Lunch Time &amp; our <b>Cornell Cooperative Lecture:</b> Enjoy Your Food In Moderation</p> <p>1:30 An Afternoon with <b>The Wonderful CONTINENTALS</b></p>
<p>31</p> <p>NEW YEAR PARTY</p> <p>10:00 Headlines and Coffee</p> <p>10:30 <b>RESOLUTIONS &amp; REFLECTIONS:</b> Reminiscing on New Years Past &amp; Present</p> <p>11:15 <b>Strength Training</b> with Sharon</p> <p>12:15</p> <p><b>New Year's Party</b> A Festive Lunch with our Senior Center Friends followed by Music &amp; Dancing</p> 	<p>ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES</p> <p><b>CAREGIVERS SUPPORT GROUP</b> DECEMBER 18 1:30 AT THE GLEN COVE SENIOR CENTER</p>	<p>HAPPY BIRTHDAY TO:</p> <p>JOY 4</p> <p>VALENTINO 11</p> <p>MILDRED 26</p> <p>LYNNE 27</p> <p>HEIDE 27</p> 