
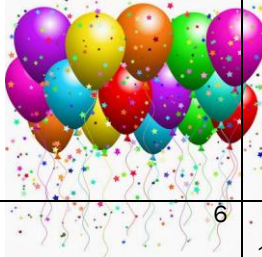


# FEBRUARY 2018

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

| MON   | TUE  | WED   | THUR   | FRI   |
|---|--|---|--|---|
|   |  <p><b>HAPPY BIRTHDAY TO</b><br/>           BETTY 6<br/>           MARGE 17</p>  |   | <p>10:00 Cozy Coffee Time<br/>           10:30 <b>INTERACT CLUB:</b> Creative Crafting with our friends from Locust Valley H.S<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:30 <b>Zumba Gold</b> with Carol<br/>           2:15 P.M. Word Search</p>                               | <p>10:00 News &amp; Views over Coffee<br/>           10:30 <b>PUNXSUTAWNEY PREDICTIONS:</b> Forget about Winter ...who will win the Super Bowl?<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:30 <b>The Wonderful CONTINENTALS</b></p>   |
| <p>10:00 World News<br/>           10:20 <b>TRIP</b><br/> <b>MAKING MEMORIES WITH MUSIC</b><br/>           The Gold Coast Cinema Entertainment, Lunch and a Tour of their Art Gallery</p>   | <p>10:00 Science Times<br/>           10:30 <b>A CHOCOLATE A DAY...</b><br/>           The Sweet History of this Brain- Boosting Treat<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:00 <b>Painting</b> with Liz followed by an Afternoon of Chocolate Fondue</p> | <p>10:00 In the News<br/>           10:30 <b>RISE &amp; SHINE:</b> Conversations about The Most Important Meal of the Day<br/>           11:15 <b>Tai Chi</b> with Maria<br/>           12:00 Lunch Time<br/>           1:15 Breakfast Club: Pancakes, Board Games &amp; Food Trivia</p>  | <p>10:00 Coffee Time<br/>           10:30 <b>'SOUL' FOOD:</b><br/>           The Origins of this 25,000 Year Old Staple<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:15 Gastronomic Challenge: You Be the Judge!<br/>           Staff "Soup- Off "&amp; Creative Bean Collages</p> | <p>10:00 Coffee and a Snack!<br/>           10:30 <b>CHERRIES &amp; BERRIES:</b><br/>           The Many Benefits of these February Fruits<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:30 <b>The Wonderful CONTINENTALS</b></p>  |
| <p>10:00 Headlines over Coffee<br/>           10:30 <b>GOING TO THE CHAPEL...:</b><br/>           Pictorial Wedding Day Reminiscing<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:30 <b>Zumba Gold</b> with Carol<br/>           2:15 <b>'HEART'</b> Bingo for Prizes</p>                    | <p>10:00 Science Times<br/>           10:30 <b>MARDI GRAS MADNESS:</b> The Customs &amp; Traditions of this Colorful Carnival<br/>           11:15 <b>Meditation</b> with Judy<br/>           12:15 Lunch Time followed by <b>"RHYTHM BREAK CARES":</b><br/>           Grab Your Partners for an Afternoon of Dancing!</p>       | <p>10:00 Current Events<br/>           10:30 <b>FUNNY VALENTINE:</b><br/>           The Story Behind this Romantic Holiday<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:00 Lunch Time<br/>           1:00 <b>VALENTINE SOCIAL:</b><br/>           Desserts &amp; Dancing to the 'Love'y Sounds of Gail Storm</p> | <p>10:00 World News<br/>           10:30 <b>DOG DAY...:</b><br/>           Chinese New Year Festivities<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:15 Noontime Celebrations: Tangerines, Tea, Fortunes and Canine Crafts</p>   | <p>10:00 Events over Coffee<br/>           10:30 <b>PRESIDENTIAL PONDERINGS:</b><br/>           Past &amp; Present Leaders. Brain Busting Quizzes &amp; Trivia<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time &amp; our <b>Cornell Cooperative Lecture:</b><br/>           Eating Right for Older Adults<br/>           1:30 <b>The Wonderful CONTINENTALS</b></p> |
| <p><b>CLOSED</b><br/> <b>PRESIDENTS DAY</b></p>   | <p>10:00 Science Times<br/>           10:30 <b>HIDDEN GEMS:</b><br/>           The Healing Arts of Precious Stones<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:00 <b>Painting</b> with Liz<br/>           2:00 <b>'GEMSTONE'</b> Guggenheim</p>                 | <p>10:00 Events over Coffee<br/>           10:30 <b>MAIL ORDER:</b><br/>           The Life &amp; Times of Montgomery Ward<br/>           11:15 <b>Tai Chi</b> with Maria<br/>           12:00 Lunch Time<br/>           1:15 Magazine Scavenger Hunt<br/>           2:00 <b>Drumming</b> w/Brendan</p>   | <p>10:00 World Events<br/>           10:30 <b>FIVE &amp; DIME:</b><br/>           The Storied Legacy of Woolworth<br/>           11:15 <b>Strength Training</b> with Sharon<br/>           12:15 Lunch Time<br/>           1:30 <b>MEMORY LANE</b><br/>           Songs from Around the World w/ the Mesmerizing Vocals of Lois Morton</p>         | <p>10:00 Cozy Coffee Time<br/>           10:30 <b>INTERESTING PLAYTHINGS...:</b><br/>           Lloyd Wright &amp; The Lincoln Logs<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:30 <b>The Wonderful CONTINENTALS</b></p>   |
| <p>10:00 Coffee and a Snack<br/>           10:30 <b>READINGS &amp; RECITALS:</b><br/>           The Lyrical Art of Nursey Rhymes<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:15 Lunch Time<br/>           1:30 <b>MEMORY LANE</b><br/>           Songs from Around the World w/ the Mesmerizing Vocals of Lois Morton</p> | <p>10:00 Science Times<br/>           10:30 <b>POETS CORNER:</b><br/>           Discussing Wordsworth, the 'Household 'Poet'<br/>           11:15 <b>Meditation</b> with Judy<br/>           12:15 Lunch Time<br/>           1:15 February Haikus, Role Play &amp; Refreshments</p>  | <p>10:00 In the News<br/>           10:30 <b>CELEBRATING SHORT STORIES:</b><br/>           For Library Lovers Month<br/>           11:15 Stronger Seniors <b>Chair Exercise</b><br/>           12:00 Lunch Time and <b>The Amazing Long Island Jazz Ensemble</b><br/>           2:15 Bookworm Quizzes</p>   |  | <p><b>ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES</b><br/><br/> <b>CAREGIVERS SUPPORT GROUP</b><br/> <b>TBA. (Please call the Center)</b></p>   |