

# FEBRUARY 2019

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>            DAVID FEB 2            BETTY FEB 6            HELEN FEB 13            MARGE FEB 17            JANET FEB 22</p> 	<p><b>ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES</b></p> <p><b>CAREGIVERS SUPPORT GROUP</b>  <b>FEBRUARY 26 at 1:30</b></p>	<p>10:00 Super Bowl Trivia over Coffee            10:30 <b>GOLDEN VOICES:</b> The Joyous Sounds of our Senior Choral Group            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:30 An Afternoon with <b>The Wonderful CONTINENTALS</b></p>
<p>10:00 Headlines over Coffee            10:30 <b>ME AND MY....</b> Discussing the Predictions &amp; Traditions of Punxsutawney Phil            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:30 <b>Zumba Gold</b> with Carol            2:15 'METEOROLOGY' Brain Games</p>	<p>10:00 Science Times            10:15 <b>TRIP: MAKING MEMORIES WITH MUSIC:</b> Musical Reminiscing Program At the Gold Coast Cinema            Lunch and a Tour of their Art Gallery</p>	<p>10:00 In the News            10:30 <b>THE DAY THE MUSIC DIED:</b> Remembering Rocks Greatest Tragedy            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:15 Musical Jeopardy            1:45 <b>The Sweet SOUNDS OF JOY</b></p>	<p>10:00 Coffee Time            10:30 <b>'HAPPY AS A PIG!:</b> The History, Personality Traits &amp; Good Fortune of This 2019 New Year Animal            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:15 <u>Chinese New Year Social:</u> Pig Crafts, Fortune Cookies, Spring Rolls &amp; Orange Tea</p>	<p>10:00 Coffee and a Snack            10:30 <b>A GAME OF CAT &amp; MOUSE:</b> The Comical Antics of Tom &amp; Jerry            11:15 <b>Yoga</b> with Isabel            12:15 Lunch Time            1:30 An Afternoon with <b>The Wonderful CONTINENTALS</b></p>
<p>10:00 World News            11:00 <b>FRAGARIA X ANANASSA &amp; VENUS:</b> The Symbolism Behind this Enticing Fruit and its Mythological Ties to the Goddess of Love            12:15 Lunch Time            1:15 <b>Love Is... Social: w/ Erin &amp; Katlyn</b> Discussing &amp; Creating our Love Hearts, Baking Strawberry Shortcakes &amp; Heart Darts</p>	<p>10:00 Science Times            10:30 <b>HEART TO HEART:</b> Valentine Crafts with the Locust Valley H.S Interact Club            11:15 <b>Meditation</b> with Judy            12:15 Lunch Time            1:15 <b>Painting</b> with Liz            2:15 'VALENTINE' Guggenheim &amp; Balloon Volleyball</p>	<p>10:00 Current Events            10:30 <b>SWEET HEARTS:</b> The Origins of this Popular Valentine 'Conversation' Candy            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time and <b>The Amazing Long Island Jazz Ensemble</b>            2:15 Couples Matchup &amp; 'HEART' Bingo</p>	<p><b>VALENTINES DAY</b>            10:00 World News            10:30 <b>A FINE ROMANCE:</b> Reminiscing on our First Dates &amp; Romantic Encounters            11:15 <b>Tai Chi</b> with Maria            12:15 Lunch Time            1:30 <b>Zumba Gold</b> with Carol            2:15 Cupcake Treats &amp; 'CUPID' Poetry</p>	<p>10:00 Events over Coffee            10:30 <b>FOUR SCORE &amp; SEVEN YEARS:</b> The Legacy of Presidential Speeches            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:30 An Afternoon with <b>The Wonderful CONTINENTALS</b></p>
<p><b>CLOSED FOR</b></p> 	<p>10:00 Science Times            10:30 <b>YUAN XIAO FESTIVAL:</b> The 'illuminating' History of This Spiritual Full Moon Celebration            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:15 <b>Lantern Creations</b> with Liz            2:15 'CELEBRATIONS' Crossword &amp; Letter Ladder</p>	<p>10:00 Events over Coffee            10:30 <b>THE FIVE &amp; DIME:</b> The Iconic Story of Woolworth's            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:15 'Shop Talk'- Brain Teasers            1:45 <b>The Sweet SOUNDS OF JOY</b></p>	<p>10:00 World Events            10:30 <b>LIGHTS, CAMERA, ACTION!</b> The Fascinating History of the Academy Awards            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:15 <b>MEMORY LANE:</b> Movie Songs &amp; Musical Scores with Lois Morton</p>	<p>10:00 Cozy Coffee Time            10:30 <b>BIRTHSTONES &amp; BIRTHDAYS:</b> The Symbols &amp; Celebrations of February            11:15 <b>Yoga</b> with Isabel            12:15 Lunch Time &amp; our <b>Cornell Cooperative Lecture:</b> Enjoy Your Food In Moderation Followed by an Afternoon with <b>The Wonderful CONTINENTALS</b></p>
<p>10:00 Coffee and a Snack            10:30 <b>SELF DISCOVERY THROUGH ART:</b> Creative Explorations with Erin and Katlyn            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:15 <b>GAME TIME!</b> An Afternoon of Baking, Bungo &amp; Board Games</p>	<p>10:00 Science Times            10:30 <b>THE HARLEM RENAISSANCE:</b> The Story Behind an Artistic and Social Explosion            11:15 <b>Meditation</b> with Judy            12:15 Lunch Time followed by <b>'RHYTHM BREAK CARES':</b> Grab Your Partners for An Afternoon of Dancing</p>	<p>10:00 In the News            10:30: <b>EUREKA!</b> Celebrating Inventions That Have Changed the Course of History            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:30 A Musical Afternoon with our Karaoke King <b>Tom Nicholls</b></p>	<p>10:00 Cozy Coffee Time            10:30 <b>NORTHSHORE VISIT:</b> Time To Cuddle Up With our Furry Friends            11:15 <b>Tai Chi</b> with Maria            12:15 Lunch Time  <b>TRIP</b>  <b>MEET ME IN THE GALLERIES:</b> A Guided Tour at the Nassau County Museum</p>	