

JANUARY 2018

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

MON	TUE	WED	THUR	FRI
1 CLOSED FOR New Year Wishing you all a very Happy, Safe and Healthy One!	2 10:00 Science Times 10:30 NEW BEGINNINGS: Reflections on Past Events and the New Year 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 An Afternoon of Creativity: Resolution Ornaments & 'Events in History' Quizzes	3 10:00 Headlines of the Day 10:30 JIG OF THE WEEK: The Pastime of the Great Depression 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time followed by Puzzle Piece Crafts & Board Games	4 10:00 Cozy Coffee Time 10:30 ...UPON A MIDNIGHT CLEAR: Paul Revere's Journey 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 Boston Creams, State Jingo & Red, White & Blue Challenges	5 10:00 News & Views over Coffee 10:30 THE TWELFTH NIGHT! Discussing the Eve of the Epiphany 11:15 Yoga with Isabel 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS
8 10:00 World News 10:30 ALL SHOOK UP: Reminiscing about the King of Rock & Roll 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 Name That Tune 1:45 Zumba Gold with Carol	9 10:00 Science Times 10:30 A STITCH IN TIME: The Story of Betsy Ross 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Painting Class with Liz 2:15 'PATRIOTIC' Word Hub	10 10:00 In the News 10:30 IT'S THE REAL THING: A History of Coca Cola 11:15 Tai Chi with Maria 12:00 Lunch Time and The Amazing Long Island Jazz Ensemble	11 10:00 Coffee Time 10:30 LEONARDO & LISA: The Painter & His Muse 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 Creative Challenge: Capturing the Mona Lisa Smile & Artistic Brain Games	12 10:00 Coffee and a Snack! 10:30 I HAVE A DREAM: Martin Luther King's Legacy 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS
15 CLOSED FOR Martin Luther King Day	16 10:00 Science Times 10:30 WINDOWS TO THE SOUL: What do our Eyes Say About Us? 11:15 Meditation with Judy 12:15 Lunch Time followed by "RHYTHM BREAK CARES": Grab Your Partners for an Afternoon of Dancing!	17 10:00 Current Events 10:30 BLAST FROM THE PAST: The 'Boom' of the Fabulous Fifties 11:15 Stronger Seniors Chair Exercise 12:00 Lunch Time 1:45 The Sweet SOUNDS OF JOY	18 10:00 World News 10:30 ORNITHOMANIA! Celebrating Our Feathered Friends 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 'BIRD' Scrambles 1:45 Zumba Gold with Carol	19 10:00 Events over Coffee 10:30 A WORLD OF WORDS: Spelling Bees and Word Games In honor of Noah Webster 11:15 Yoga with Isabel 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS
22 10:00 Headlines over Coffee 10:30 THE LIFE OF PIE: Exploring the Wonderful World of Baked Goods 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 Dessert Round Robin 1:45 Zumba Gold with Carol	23 10:00 Science Times 10:30 HITTING THE HAY! The Power of a Good Nights Sleep 11:15 Meditation with Judy 12:15 Lunch Time 1:00 Painting Class with Liz 2:00 'HYPERSONMIA' Word Play	24 10:00 Events over Coffee 10:30 INCANDESCENT LIGHT: Edison's Illuminating World 11:15 Tai Chi with Maria 12:15 Lunch Time 1:15 Electrical Quizzes 2:00 Drumming w/Brendan	25 10:00 World Events 10:30 ALL THAT GLITTERS...: The 'Gold Fever' of 1848 11:15 Strength Training with Sharon 12:15 Lunch Time followed by Gold Pin Making, Crossword & Guggenheim	26 10:00 Cozy Coffee Time 10:30 THROUGH THE LOOKING GLASS: The Life of Charles Lutwidge Dodgson 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS
29 10:00 Coffee and a Snack 10:30 TRIP: MAKING MEMORIES AT THE MOVIES Huntington Cinema Arts Center followed by Lunch in the Cafe & a Scenic Winter Drive	30 10:00 Science Times 10:30 TAKE ME OUT TO... Baseball Hall of Fame Established 1936 11:15 Meditation with Judy 12:15 Lunch Time 1:30 MEMORY LANE Songs from Around the World w/ the Mesmerizing Vocals of Lois Morton	31 10:00 In the News 10:30 POT-AU-FEU: The Origins of this Household Staple 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 'SOUP' Search 1:45 The Sweet SOUNDS OF JOY	ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES CAREGIVERS SUPPORT GROUP JANUARY 23 at 1:30	HAPPY BIRTHDAY TO Lisa Jan 14 Harold Jan 16 Jean Jan 17 Ilene Jan 17 