


JANUARY 2019

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

MON	TUE	WED	THUR	FRI														
	<p style="text-align: center;">CLOSED FOR New Year</p> <p style="text-align: center;">Wishing you all a very Happy, Safe and Healthy One!</p>	<p>10:00 Headlines of the Day 10:30 THE ORIGINAL TWO FACE: The Symbolism and Mythology of Janus 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 2019 Banners Reflecting our Past & Future Hopes & Dreams</p>	<p>10:00 Cozy Coffee Time 10:30 ALL SHOOK UP: Celebrating the King of Rock & Roll 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 Elvis Tribute from our Karaoke King Tom Nichols</p>	<p>10:00 News & Views over Coffee 10:30 GOLDEN VOICES: Singing in the New Year with our Senior Choral Group 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS</p>														
<p>10:00 Headlines over Coffee 10:30 ...CRACKER JACKS: Talking about the Original Kernel 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Popcorn Social: Corn Crafts, Food Challenges & Tastings</p>	<p>10:00 Science Times 10:30 A STITCH IN TIME: The Story of Betsy Ross 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting Class with Liz 2:15 'FLAG' Guggenheim</p>	<p>10:00 In the News 10:30 IT'S THE REAL THING: The History of Coca Cola 11:15 Tai Chi with Maria 12:15 Lunch Time 1:15 Adverteasers 1:45 The Sweet SOUNDS OF JOY</p>	<p>10:00 Coffee Time 10:30 TEA FOR TWO... The History of This Wonderful Leaf 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 MEMORY LANE Songs from Around the World w/ Lois Morton</p>	<p>10:00 Coffee and a Snack! 10:30 THE LOUISVILLE LIP: The Story of Cassius Clay 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS</p>														
<p>10:00 World News 10:30 JIG OF THE WEEK! The Pastime of the Great Depression 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 Zumba Gold with Carol</p>	<p>10:00 Science Times 10:30 THROUGH THE LOOKING GLASS: The Works of Charles Lutwidge Dodgson 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time followed by 'RHYTHM BREAK CARES': Grab Your Partners for An Afternoon of Dancing</p>	<p>10:00 Current Events 10:30 WINDOWS TO THE SOUL: What Do Our Eyes Say About Us? 11:15 Stronger Seniors Chair Exercise 12:00 Lunch Time and The Amazing Long Island Jazz Ensemble 2:15 Anatomical Brain Games</p>	<p>10:00 World News 10:30 INFLUENTIAL MOMENTS: Reflecting on FDR's Four Freedoms Speech 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 WE WANT YOU! Historic Collection of World War II Posters Presented by Bob Nelson</p>	<p>10:00 Events over Coffee 10:30 I HAVE A DREAM: The Legacy of Martin Luther King 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS</p>														
<p style="text-align: center;">CLOSED FOR</p> 	<p>10:00 Science Times 10:30 SPLATTER & ACTION: Interpreting Jackson Pollock's 'Expressive' Style 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting Class with Liz 2:15 'Occupation' Guggenheim</p>	<p>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 1:45 The Sweet SOUNDS OF JOY</p>	<p>10:00 World Events 10:30 ALL THAT GLITTERS... The 'Gold Fever' of 1848 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 Zumba Gold with Carol</p>	<p>10:00 Cozy Coffee Time 10:30 GOING UNDERGROUND: The Rich History of the Subway System 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS</p>														
<p>10:00 Events over Coffee 10:30 HOME REMEDIES: Reminiscing about potions from our past 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 Pharmacy Challenge 1:30 Zumba Gold with Carol</p>	<p>10:00 Science Times 10:30 ORNITHOMANIA: Celebrating our Feathered Friends 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 MEET THE ANIMALS! : Volunteers for Wildlife's Interactive Raptor Program</p>	<p>10:00 Cozy Coffee Time 10:30 INSPIRE YOUR HEART W/ART: What Moves You? 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time</p> <p style="text-align: center;">TRIP MEET ME IN THE GALLERIES: A Guided Tour at the Nassau County Museum</p>	<p>10:30 SPREAD THE WARMTH: The Origins of Soup 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 Souper Afternoon: Bean Collages & Soup Search</p>	<p>HAPPY BIRTHDAY TO</p> <table border="0"> <tr> <td>Jane G</td> <td>Jan 6</td> </tr> <tr> <td>Lisa</td> <td>Jan 14</td> </tr> <tr> <td>Harold</td> <td>Jan 16</td> </tr> <tr> <td>Jean</td> <td>Jan 17</td> </tr> <tr> <td>Ilene</td> <td>Jan 17</td> </tr> <tr> <td>Gerald</td> <td>Jan 25</td> </tr> <tr> <td>Bill</td> <td>Jan 29</td> </tr> </table> 	Jane G	Jan 6	Lisa	Jan 14	Harold	Jan 16	Jean	Jan 17	Ilene	Jan 17	Gerald	Jan 25	Bill	Jan 29
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