


MARCH 2019

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

MON	TUE	WED	THUR	FRI
			ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES CAREGIVERS SUPPORT GROUP MARCH 26 at 1:30	1
4	5	6	7	8
10:00 Headlines over Coffee 10:30 ART THERAPY IN THE A.M.: Creative Discoveries With Erin & Kaitlin 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 Zumba Gold with Carol 2:15 March Forth! '4 of the Same' Brain Teasers	10:00 Science Times 10:30 BEADS, BEIGNETS & DOUBLOONS: The Culture of this Infamous Carnival 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting with Liz 2:15 King Cake & Sharon's Word Shuffle	10:00 In the News 10:30 IT'S WRITTEN IN THE STARS: The Fascinating Origins of Astrology 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 'Star' Search 1:45 The Sweet SOUNDS OF JOY	10:00 Coffee Time 10:30 WHATS IN A NAME: Celebrating Onomasticians Day 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Onomastic Social: Initial Decoration & Heide's Farewell Party	10:00 Trivia over Coffee 10:30 GOLDEN VOICES: The Joyous Sounds of our Senior Choral Group 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 An Afternoon with The Wonderful CONTINENTALS
11	12	13	14	15
10:15 TRIP: TILLES CENTER: "Sleeping Beauty" Ballet. Master Class With the Tilles' Dance Company Followed by Lunch and a Scenic Drive	10:15 TRIP: MAKING MEMORIES WITH MOVIES: Cinematic Reminiscing Program At the Gold Coast Cinema Lunch and a Tour of their Art Gallery	WEAR GREEN DAY	10:00 World News 10:30 LUCKY CHARMS: The Captivating History of Charm Bracelets 11:15 Tai Chi with Maria 12:15 Lunch Time 1:15 MEMORY LANE: Stirring Songs From the Emerald Isles with Lois Morton	10:00 Events over Coffee 10:30 THE SERPENT AND THE SAINT: The Myths and Legends Behind St Patrick 11:15 Yoga with Isabel 12:15 Lunch Time and a Celebration of Irish American Music With The Wonderful CONTINENTALS
18	19	20	21	22
10:00 World News 11:00 AESOP & SEUSS: Exploring the Cautionary World of Folktales & Fables 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Table Top Games: Dice, Dominoe's, Soft Drinks & Dessert	10:00 Science Times 10:30 COMMUNITY COLLABORATIONS: Say 'Goodbye to Winter' Activities with the Locust Valley H.S Interact Club 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting with Liz 2:15 Change a Letter & Chase The Ace	10:00 Events over Coffee 10:30 EQUINOX EXPRESSIONS: Spring Poetry, Prose & Scrambles 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 GARDEN Jingo 1:45 The Sweet SOUNDS OF JOY	10:00 Coffee and Conversation 10:30 THE WHOLE MEGILLAH! GCADP'S Oral- and Noisy, Re-enactment of Purim 11:15 Tai Chi with Maria 12:15 Lunch Time 1:15 Blast from the Past! Bill Moser's Humorous Reflections on our Vanishing Vocabulary	10:00 Coffee Time 10:30 A BEAUTIFUL DAY IN THE ... The Life & Times of Mr. Rodgers 11:15 Yoga with Isabel 12:15 Lunch Time & our Cornell Cooperative Lecture: Healthier Foods Fast Followed by an Afternoon with The Wonderful CONTINENTALS
25	26	27	28	29
10:00 Coffee and a Snack 10:30 ART THERAPY IN THE A.M.: Creative Discoveries With Erin & Kaitlin 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Table Top Games: Rummikub, Cards, Cheese & Crackers	10:00 Science Times 10:30 TANTALIZING TEXTILES: The Colorful World of Fabric Design 11:15 Meditation with Judy 12:15 Lunch Time followed by A Musical Afternoon with our Karaoke King Tom Nichols	10:00 In the News 10:30 A SPOONFUL OF SUGAR! Fun Team Medical Quizzes & Challenges From Our L.I.U Nursing Students 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time and The Amazing Long Island Jazz Ensemble 2:15 'Supercalifragilisticexpialidocious' Word Play Brain Teaser	10:00 Cozy Coffee Time 10:30 ANIMAL ANTICS: A Morning with Our North Shore Puppies 11:15 Tai Chi with Maria 12:15 Lunch Time 1:30 Zumba Gold with Carol 2:15 Animal Round Robin & Who Am I	10:00 Events over Coffee 10:30 FOOD FOR THOUGHT: Discussing Ways to Add Healthy Years to Your Life 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 An Afternoon with The Wonderful CONTINENTALS