

MARCH 2020

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

MON	TUE	WED	THUR	FRI
2 10:00 Sip & Share 10:30 OH THE PLACES YOU'LL GO: The Rhythmic Legacy of Dr. Seuss 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 ZUMBA Gold with Carol 2:15 Name Five Brain Teaser	3 10:00 Tea & Trivia 10:30 OH SAY CAN YOU SEE: Conversations Around Our Patriotism, Pride and History for National Anthem Day 11:15 Meditation with Judy 12:00 Lunch Time 1:30 RED WHITE AND BLUE State Quizzes, JINGO & Volleyball	4 10:00 Science Times 10:30 LIVING ROOM THEATER: Discussing The Wonderful World of Television 11:15 Tai Chi with Marie 12:00 Lunch Time 1:30 NOON TIME BRAIN GAMES: Sitcoms, Sidekicks & Catchy Commercials	5 10:00 News & Views 10:30 WHAT'S IN A NAME! : Celebrating Anthroponomastics Day 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 SIGNATURE AFTERNOON: Initial Creations & Team Name Games	6 10:00 Headlines & Happenings 10:30 GOLDEN VOICES: A Rousing Morning with our Senior Choral Group 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 An Afternoon with The Wonderful CONTINENTALS
9 10:00 Sip & Share 10:30 THE WHOLE MEGILLAH: Re-Enacting the Story of Esther 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 KARAOKE KROONING: With Our Own American Idol Tom Nicholls	10 10:00 Tea & Trivia TRIP: MAKING MEMORIES WITH MUSIC: Musical Reminiscing Program At the Gold Coast Arts Center Followed by Lunch and a Scenic Drive	11 10:00 Science Times 10:30 SHORT - ORDER SHORTHAND: The Mnemonic Evolution of the Diner 'Mother Tongue' 11:15 Tai Chi with Marie 12:00 Lunch Time 1:30 Dancing to The Sweet SOUNDS OF JOY	12 10:00 News & Views 10:30 ANIMAL ANTICS: A Visit from Our North Shore Friends 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 MEMORY LANE: Music From the 'Old Country' with Lois Morton	13 10:00 Headlines & Happenings 10:30 TRISTADIKAPHOBIA: Analysing The Superstition Around the Number 13 11:00 Yoga with Isabel 12:15 Lunch Time 1:30 An Afternoon with The Wonderful CONTINENTALS
16 10:00 Sip & Share 10:30 I'M LOOKING OVER...: Recounting the Rich Traditions, Beliefs and Stories of Ireland 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 ST PATRICKS DAY FESTIVITIES: Shamrocks, Soda Bread and a Tour of Ireland	17 10:00 Tea & Trivia 10:30 THERE ONCE WAS A MAN FROM...: A Morning Recital of Liling Limericks 11:15 Stronger Seniors Chair Exercise 12:00 ST PATRICKS DAY LUNCH & CELEBRATIONS With Our Senior Center Friends	18 10:00 Science Times 10:30 'SCENT' SATIONS: The Fascinating History of Fragrance 11:15 Tai Chi with Marie 12:00 Lunch Time and The Amazing Long Island Jazz Ensemble 2:00 Colorful Kickball	19 10:00 News & Views 10:30 EQUINOX EXPRESSIONS: Poetic Musings on Spring 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 SPRING SOCIAL: Birdhouses, Ballads & Banana Splits	20 10:00 Headlines & Happenings 10:30 CLOSE ENCOUNTERS: Inexplicable Tales of Alien Abductions 11:00 Yoga with Isabel 12:15 Lunch Time 1:30 An Afternoon with The Wonderful CONTINENTALS
23 10:00 Sip & Share 10:30 LENT LILLIES: The Symbolism & Mythology Behind the Daffodil 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 TRIP: HICKS NURSERY 30 th Annual Flower Show	24 10:00 Tea & Trivia 10:30 THE COLORS OF CHILDHOOD: The History of Crayola Crayons 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting Club with Liz followed by 'ART' Round Robin	25 10:00 Science Times 10:30 THE BLESSING OF GERMANOS: The Inception of the Greek Uprising 11:15 Tai Chi with Marie 1:30 Dancing to The Sweet SOUNDS OF JOY	26 10:00 News & Views 10:30 'HER'STORY... Incredible Stories of Female Pioneers 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:45 ZUMBA Gold with Carol 2:30 'HISTORICAL FIGURES' Word Play	27 10:00 Headlines & Happenings 10:30 SMOKE & MIRRORS: The Captivating Artistry of Illusions 11:00 Yoga with Isabel 12:15 Lunch Time and our Cornell Cooperative Lecture: Power Up Breakfast 1:30 An Afternoon with The Wonderful CONTINENTALS
30 10:00 Sip & Share 10:30 STONE SOUP & OTHER FOLK TALES: Celebrating the Intricate Art of Storytelling 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 An Afternoon with Sernomia: Lecture Followed by Bingo for Prizes	31 10:00 Tea & Trivia 10:30 STARRY, STARRY NIGHT: Reflections on the Unique Works of Vincent Van Gough 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Painting Club with Liz followed by 'PAINTERLY' Word Hub		HAPPY BIRTHDAY TO GERALD 17 	ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES CAREGIVERS SUPPORT GROUP MARCH 31 1:30 AT THE GLEN COVE SENIOR CENTER