

OCTOBER 2018

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

MON	TUE	WED	THUR	FRI
<p>1</p> <p>10:00 World News</p> <p>10:30 JUMBLES, PLUNKETS & CRY BABIES: The 'Sweet' History of Cookies & Interactive Baking Session</p> <p>11:15 Strength Training with Sharon</p> <p>12:15 Lunch Time</p> <p>1:30 Zumba Gold with Carol</p> <p>2:15 Fresh Baked Cookies & Rumikubs</p>	<p>2</p> <p>10:00 Science Times</p> <p>10:30 PETER PIPER PICKED A...: Exploring the Sour, Spicy & Sweet Array of Pickled Produce</p> <p>11:15 Meditation with Judy</p> <p>12:15 Lunch Time</p> <p>1:15 Painting with Liz</p> <p>2:15 Dips & Dice</p>	<p>3</p> <p>10:00 Headlines over Coffee</p> <p>10:30 GIVE A LITTLE WHISTLE!: Celebrating 'Carry a Tune Week'</p> <p>11:15 Stronger Seniors Chair Exercise</p> <p>12:15 Lunch Time</p> <p>1:15 Yodeling, Humming & Whistling a Tune Alongside our Karaoke King Tom Nichols</p>	<p>4</p> <p>10:00 World Events</p> <p>10:30 HISTORICAL VOYAGES: The Tale of Christopher Columbus & The Americas</p> <p>11:15 Strength Training with Sharon</p> <p>12:15 Lunch Time</p> <p>1:30 Zumba, Zeppoli's & A Virtual Tour of Italy</p>	<p>5</p> <p><i>Mad Hatters Day</i></p> <p>10:00 Events over Coffee</p> <p>10:30 THE GOLDEN VOICES: The Joyous Sounds of our Senior Choral Group</p> <p>11:30 Stronger Seniors Chair Exercise</p> <p>12:15 Lunch Time & our Cornell Cooperative Lecture: Healthy Food For a Healthy You Bingo Followed by a Mad Hatters Celebration: Hat Creating, Blooming Tea Tasting & Trivia</p>
<p>8</p> <p>CLOSED Columbus Day A Day for Discovery</p>	<p>9</p> <p>10:00 Science Times</p> <p>10:30 FEAR FACTOR: Are You an Arachnophobic or Achluophobic?</p> <p>11:15 Stronger Seniors Chair Exercise</p> <p>12:15 Lunch Time followed by 'RHYTHM BREAK CARES': Grab Your Partners for An Afternoon of Dancing</p>	<p>10</p> <p>10:00 Current Events</p> <p>10:30 COMIC STRIP CLASSICS: The 1950's Debut of Peanuts</p> <p>11:15 Tai Chi with Maria</p> <p>12:15 Lunch Time</p> <p>1:15 Character Charades & Cards</p> <p>1:45 The Sweet SOUNDS OF JOY</p>	<p>11</p> <p>10:00 Coffee and News</p> <p>10:30 ANIMAL MAGIC: A Rejuvenating Visit With our North Shore Friends</p> <p>11:15 Strength Training with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 TRIP: HICKS NURSERY: A Visit with Otto the Ghost!</p>	<p>12</p> <p>10:00 Headlines over Coffee</p> <p>10:30 PANIC ON THE AIRWAVES: Orson Welles' 'War of the Worlds'</p> <p>11:15 Yoga with Isabel</p> <p>12:15 Lunch Time</p> <p>1:30 The Wonderful CONTINENTALS</p>
<p>15</p> <p>10:00 Coffee and a Snack</p> <p>10:30 WHEN THE MOON HITS YOUR EYE... Pizza History & Making w/ Carlos & Alma</p> <p>11:15 Strength Training with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 Art Therapy in the Afternoon: Tile Art with Dana</p> <p>2:15 Pizza Snack's & Table Games</p>	<p>16</p> <p>10:00 Science Times</p> <p>10:15 TRIP: MAKING MEMORIES WITH MUSIC: Musical Reminiscing Program at the Gold Coast Arts Center Followed by Lunch and a Scenic Fall Drive</p>	<p>17</p> <p>10:00 World News</p> <p>10:30 PRETZELS & PIEROGIES: A Celebration of Polish & German Customs & Cuisines</p> <p>11:15 Stronger Seniors Chair Exercise</p> <p>12:15 Lunch Time and The Amazing Long Island Jazz Ensemble</p> <p>2:00 'FOOD' Crossword & Word Play</p>	<p>18</p> <p>10:00 Coffee Time</p> <p>10:30 NEFARIOUS CREATURES: How Bats & Cats Became Halloween Animals</p> <p>11:15 Strength Training with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 MEMORY LANE Songs from Around the World w/ Lois Morton</p>	<p>??19</p> <p>10:00 Coffee and a Snack!</p> <p>10:30 VEILED MESSAGES: Crafty Codes of American Spies</p> <p>11:15 Stronger Seniors Chair Exercise</p> <p>12:15 Lunch Time</p> <p>1:30 The Wonderful CONTINENTALS</p>
<p>22</p> <p>10:00 Current Events</p> <p>10:30 MY MANY COLORED DAYS: Discussing the Colors & Emotions of Fall</p> <p>11:15 Strength Training with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 Art Therapy in the Afternoon: Harvest Project with Dana</p> <p>2:15 Hot Apple Cider & Story Crafting</p>	<p>23</p> <p>10:00 Science Times</p> <p>10:30 COLLECTORS CORNER: The Eclectic World of Halloween Memorabilia with Lisa</p> <p>11:15 Stronger Seniors Chair Exercise</p> <p>12:15 Lunch Time</p> <p>1:15 Painting with Liz</p> <p>2:15 Ghost Bingo & Halloween Hangman</p>	<p>24</p> <p>10:00 Coffee and a Snack</p> <p>10:30 READINGS & RE-ENACTMENTS: "The Raven" by Edgar Allen Poe</p> <p>11:15 Tai Chi with Maria</p> <p>12:15 Lunch Time</p> <p>1:15 Cultural Quiz</p> <p>1:45 The Sweet SOUNDS OF JOY</p>	<p>25</p> <p><i>Wear Orange Day</i></p> <p>10:00 Headlines and Coffee</p> <p>10:30 JUMPING JACK & SWEETIE PIE: The Origins of This Seasonal Cucurbitaceous</p> <p>11:15 Strength Training with Sharon</p> <p>12:15 Lunch Time</p> <p>1:15 The Great Pumpkin Party: Pumpkin Decorating, Poetry & Pie</p>	<p>26</p> <p>10:00 Current Events</p> <p>10:30 MONSTER MASH: Uncovering The Mystery Behind Mary Shelley's 'Frankenstein'</p> <p>11:15 Yoga with Isabel</p> <p>12:15 Lunch Time</p> <p>1:30 The Wonderful CONTINENTALS</p>
<p>29</p> <p>10:00 Headlines and Coffee</p> <p>10:15 TRIP: MAKING MEMORIES AT THE MOVIES: Cinematic Reminiscing Program at the Huntington Cinema Arts Center Followed by Lunch and Activities in the Cafe</p>	<p>30</p> <p>10:00 Science Times</p> <p>10:30 DIA DE LOS MUERTOS: The Story Behind This 3,000 Year Old Tradition</p> <p>11:15 Stronger Seniors Chair Exercise</p> <p>12:15 Lunch Time</p> <p>1:15 Sugar Skull Social: Masks, Movie & Pan De Muerto</p>	<p>31</p> <p><i>Wear Orange & Black Day</i></p> <p>10:00 Events over Coffee</p> <p>10:30 MISCHIEF & MAYHEM: Tales & Legends of All Hallows Eve</p> <p>11:15 Stronger Seniors Chair Exercise</p> <p>12:15 Lunch Time</p> <p>1:15 Halloween Celebrations: Costume Competition, Candy Corn Crafts, Canapés & Cartoons from Yesteryear</p>	<p>ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES</p> 	<p>CAREGIVERS SUPPORT GROUP OCTOBER 30 at 1:30 AT THE GLEN COVE SENIOR CENTER</p>