



SEPTEMBER 2018

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

MON	TUE	WED	THUR	FRI
	HAPPY BIRTHDAY TO  CARLOS 5 LIZ 15 JOAN 24 EDNA 28	ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES CAREGIVERS SUPPORT GROUP SEPTEMBER 25 1:30 AT THE GLEN COVE SENIOR CENTER	PLEASE NOTE: Our Annual Treasure & Trash Sale will be held on Senior Day Saturday September 8th IN FRONT OF the Senior Center	
CLOSED FOR LABOR DAY 3	4 10:00 Science Times 10:30 WORKING 9-5: Discussing Our Careers & the Jobs That Were Built to Last 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting with Liz 2:15 OCCUPATION Brain Games	5 10:00 Headlines over Coffee 10:30 CASTAWAY: Gilligan's Island Final Farewell 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Desert Island Discs: Sing Along with Karaoke King Tom Nicholls	6 10:00 World Events 10:30 BACK TO BOOKS! Reminiscing on our Reading, Writing & Arithmetic Days 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Are You Smarter Than a Fifth Grader?: Spelling Bees, Math Quizzes, Poetry & Snacks	7 10:00 Events over Coffee 10:30 THE GOLDEN VOICES: The Joyous Sounds of our Senior Choral Group 11:30 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS
10 10:00 Coffee and a Snack 10:30 'DAYS OF AWE': The History & Significance of Rosh Hashanah 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 Zumba Gold with Carol 2:15 Cake & Card Games	11 10:00 Science Times 10:30 WE THE PEOPLE! Reflections on Constitution Day and What it Represents 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time followed by 'RHYTHM BREAK CARES': Grab Your Partners for An Afternoon of Dancing	12 10:00 Current Events 10:30 EPIC VOYAGE! The Trials & Tribulations on board the Mayflower 11:15 Tai Chi with Maria 12:15 Lunch Time 1:15 Bodies of Water Word Play 1:45 The Sweet SOUNDS OF JOY	13 10:00 Coffee and News 10:30 TRIP: IN THE MOMENT: Lunch Followed by a Guided Tour & Art Program @ The Stony Brook Carriage Museum	14 10:00 Headlines and Coffee 10:30 I WANT YOU! The Story Behind This Iconic Image 11:15 Yoga with Isabel 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS
17 10:00 Current Events 10:15 TRIP: MAKING MEMORIES WITH MUSIC: Musical Reminiscing Program @ The Gold Coast Arts Center Followed by Lunch and Gallery Tour	18 10:00 Science Times 10:30 LIGHTNESS OF BEING! The Symbolism Behind the Luminous Hummingbird 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting with Liz 2:15 'NECTARIVORE' Word Hub	19 10:00 World News 10:30 SEALED WITH A KISS: The Sweet Success of Milton Hershey 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time and The Amazing Long Island Jazz Ensemble 2:00 SWEET Crossword & Brain Teasers	20 10:00 Coffee Time 10:30 EXTRA! EXTRA! The Rise of the Penny Press & The Journalistic Revolution 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 MEMORY LANE Songs from Around the World with Lois Morton	21 10:00 Coffee and a Snack! 10:30 AMERICA'S CLOWN PRINCE: The Comedic Capers of Red Skeleton 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS
24 10:00 Headlines and Coffee 10:15 TRIP: MAKING MEMORIES AT THE MOVIES: Cinematic Reminiscing Program @ The Huntington Cinema Arts Center Followed by Lunch and a Scenic Drive	25 10:00 Science Times 10:30 INTO THE WILDERNESS: The Pioneering Spirit of Johnny Appleseed 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:15 Appleseed Social: Crafts, Storytelling, Pie Baking & Mulled Cider	26 10:00 Coffee and a Snack 10:30 ODE TO AUTUMN: Poetic Recitals Celebrating this Glorious Seasonal Change 11:15 Tai Chi with Maria 12:15 Lunch Time 1:15 Autumn Word Fill Challenge 1:45 The Sweet SOUNDS OF JOY	27 10:00 World News 10:30 ANIMAL ANTICS: The Adorable North Shore Puppies 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 Zumba Gold with Carol 2:15 Letter Ladder & Animal Crackers	28 10:00 Current Events 10:30 NATIVE HERITAGE DAY: The Customs & Beliefs of the American Indian 11:15 Yoga with Isabel 12:15 Lunch Time & our Cornell Cooperative Lecture: Read It Before You Eat It! 1:30 The Wonderful CONTINENTALS