



July 2022
Glen Cove Senior Center
130 Glen Street, Glen Cove, NY 11542
516-759-9610



Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging. the U. S. Administration on Aging and the City of Glen Cove

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p align="center">UPCOMING TRIPS:</p> <p>8/31 - Cher Show at Patchogue Theater 9/13 - One Slight Hitch Show at Hunterdon Hills Playhouse 9/19 - Essex Steam Train & Riverboat Tour</p> | <p align="center">JULY SPECIAL EVENTS:</p> <p>7/1 - Independence Day Celebration 7/22 - Country Western Day Celebration 7/26 - Sport Day</p> | <p align="center">AUGUST SPECIAL EVENTS:</p> <p>8/10 - Luau Celebration 8/15 - Nutrition Program Anniversary 8/25 - Early Days of Rock&Roll Lecture</p> | <p align="center">The Glen Cove Senior Center is open Monday through Friday from 9:00am to 5:00pm.</p> <p align="center">The Center is closed on weekends and holidays.</p> | <p align="right">1</p> <p>9:00 - Seniorobics w/ Fran 9:00 - Crocheting with Friends 10:00 - FUNday 10:00 - Tai Chi with Laurie 11:00 - Stretching & Strength Training 12:00 - INDEPENDENCE DAY CELEBRATION 1:00 - Bingo 1:15 - Line Dancing w/ Kathy 2:00 - Beginner Canasta 3:00 - Tai Chi with Spencer</p> |
| <p align="center"> THE CENTER IS CLOSED FOR INDEPENDENCE DAY</p> <p align="right">4</p> | <p align="right">5</p> <p>9:00 - Brain Booster Club 10:00 - Painting & Drawing w/ Chuck 11:00 - Project Hope Bereavement 11:00 - Total Body Fitness w/ Marvin 11:00 - Trivia 1:00 - Bingo 1:00 - Canasta & Ping Pong 2:00 - Tai Chi with Laurie</p> | <p align="right">6</p> <p>9:00 - Seniorobics with Fran 9:00 - Crocheting with Friends 10:00 - Stretching & Meditation 11:00 - Bingo 11:00 - Chess Club 1:00 - Long Term Elder Planning Lecture 1:00 - Bridge, Mahjong 2:00 - Chair Yoga with Patty</p> | <p align="right">7</p> <p>9:00 - Brain Booster Club 9:30 - 12:00 - SNAP By Appointment Only 10:00 - Card Games: UNO 10:30 - Exercise with YMCA 10:30 - Centre Club Board Meeting 1:00 - Canasta 1:15 - Food Shopping 1:30 - Centre Club 2:00 - Billiards Club</p> | <p align="right">8</p> <p>9:00 - 12:00 - Health Assessments w/Northwell 9:00 - Seniorobics w/ Fran 9:00 - Crocheting with Friends 10:00 - Tai Chi with Laurie 11:00 - Stretching & Strength Training 1:00 - Bingo 1:15 - Line Dancing w/ Kathy 2:00 - Beginner Canasta 3:00 - Tai Chi with Spencer</p> |
| <p>9:00 - Crocheting with Friends, Brain Booster 10:30 - Exercise with YMCA 11:00 - Bingo & Rummikub Club 11:30 - Meditation 1:00 - Bridge & Mahjong 1:00 - Medicare & Medicaid Lecture 1:15 - Food Shopping 2:00 - Scrabble Club 2:00 - Tai Chi with Spencer</p> <p align="right">11</p> | <p align="right">12</p> <p>9:00 - Brain Booster Club 10:00 - Painting & Drawing w/ Chuck 10:00 - 12:00 - Haircuts w/ Mike By Appointment 10:00 - Walking Club 11:00 - Total Body Fitness w/ Marvin 11:00 - Trivia 1:00 - Bingo, Canasta, & Ping Pong 2:00 - Tai Chi with Laurie</p> | <p align="right">13</p> <p>9:00 - Seniorobics with Fran 9:00 - Crocheting with Friends 10:00 - Stretching & Meditation 11:00 - Bingo 11:00 - Chess Club 1:00 - The Importance of Taking Your Medications Lecture 1:00 - Bridge, Mahjong 2:00 - Chair Yoga with Patty</p> | <p align="right">14</p> <p>9:00 - Brain Booster Club 10:00 - Card Games: Gin Rummy 10:30 - Exercise with YMCA 11:00 - American Legion Meeting 11:30 - Improv Club 1:00 - Canasta 1:00 - Movie 1:15 - Food Shopping 2:00 - Billiards Club</p> | <p align="right">15</p> <p>9:00 - Seniorobics w/ Fran 9:00 - Crocheting with Friends 10:00 - FUNday 10:00 - Tai Chi with Laurie 11:00 - Stretching & Strength Training 12:30 - JULY BIRTHDAY CELEBRATION 1:00 - Bingo 1:15 - Line Dancing w/ Kathy 2:00 - Beginner Canasta 3:00 - Tai Chi with Spencer</p> |
| <p>9:00 - Crocheting with Friends, Brain Booster 10:30 - Exercise with YMCA 11:00 - Bingo & Rummikub Club 11:30 - Meditation 1:00 - Bridge & Mahjong 1:00 - MUSIC JAM with Jeff 1:15 - Food Shopping 2:00 - Scrabble Club 2:00 - Tai Chi with Spencer</p> <p align="right">18</p> | <p align="right">19</p> <p>9:00 - Brain Booster Club 10:00 - Painting & Drawing w/ Chuck 10:00 - Video Series: The Gilded Age 11:00 - Project Hope Bereavement 11:00 - Total Body Fitness w/ Marvin 11:00 - Trivia 1:00 - Bingo, Canasta, & Ping Pong 2:00 - Tai Chi with Laurie</p> | <p align="right">20</p> <p>9:00 - Seniorobics with Fran 9:00 - Crocheting with Friends 10:00 - Stretching & Meditation 10:00-2:00 - ST. FRANCIS OUTREACH BUS 11:00 - Bingo 11:00 - Chess Club 1:00 - Karaoke, Bridge, Mahjong 1:00 - LILA 2:00 - Chair Yoga with Patty</p> | <p align="right">21</p> <p>9:00 - Walk with A Doc 9:00 - Brain Booster Club 10:00 - Card Games: Poker 10:30 - Exercise with YMCA 11:30 - Garden Club 1:00 - Canasta 1:15 - Food Shopping 1:30 - Centre Club 2:00 - Billiards Club</p> | <p align="right">22</p> <p>9:00 - Seniorobics w/ Fran 9:00 - Crocheting with Friends 10:00 - FUNday 10:00 - Tai Chi with Laurie 11:00 - Stretching & Strength Training 12:00 - COUNTRY WESTERN DAY CELEBRATION 1:00 - Bingo 1:15 - Line Dancing w/ Kathy 2:00 - Beginner Canasta 3:00 - Tai Chi with Spencer</p> |
| <p>9:00 - Crocheting with Friends, Brain Booster 10:30 - Exercise with YMCA 11:00 - Bingo & Rummikub Club 11:30 - Meditation 1:00 - Bridge & Mahjong 1:00 - Top 5 Medical Complaints Lecture 1:15 - Food Shopping 2:00 - Scrabble Club 2:00 - Tai Chi with Spencer</p> <p align="right">25</p> | <p align="right">26</p> <p>9:00 - Brain Booster Club 10:00 - Painting & Drawing w/ Chuck 10:00 - Walking Club 11:00 - Total Body Fitness w/ Marvin 11:00 - Trivia 12:00 - SPORT DAY CELEBRATION 1:00 - Bingo, Canasta, Ping Pong 2:00 - Tai Chi with Laurie</p> | <p align="right">27</p> <p>9:00 - Seniorobics with Fran 9:00 - Crocheting with Friends 10:00 - Stretching & Meditation 11:00 - Bingo 11:00 - Chess Club 1:00 - Karaoke, Bridge, Mahjong 2:00 - Chair Yoga with Patty 6:00 - CIRCLE OF FRIENDS reservations required</p> | <p align="right">28</p> <p>9:00 - Brain Booster Club 10:00 - Card Games: Go Fish 10:30 - Exercise with YMCA 11:30 - Improv Club 1:00 - Canasta 1:00 - Movie 1:15 - Food Shopping 2:00 - Billiards Club</p> | <p align="right">29</p> <p>9:00 - Seniorobics w/ Fran 9:00 - Crocheting with Friends 10:00 - FUNday 10:15 - GLASS Jewelry Making with Naomi 11:00 - Stretching & Strength Training 1:00 - PT Home & Safety Lecture 1:15 - Line Dancing w/ Kathy 2:00 - Canasta 3:00 - Tai Chi with Spencer</p> |