



*Youth is a fleeting gift of nature.
Aging well is an enduring work of art.*

GLEN COVE SENIOR CENTER

WHAT MAKES OUR CENTER SO UNIQUE?

In our beautiful three-story building located in the heart of downtown Glen Cove, our dedicated staff and extraordinary volunteers plan, develop, and coordinate programs and services for older residents in Glen Cove and its surrounding communities. For more than three decades the Glen Cove Senior Center has offered opportunities, adventures, and assistance in meeting the challenges of aging to senior citizens 60 years of age and over. What makes our Center unique is the energy of hundreds of seniors' spirits and the diverse continuum of care we provide for the active senior as well as the senior with special needs who benefits from our Adult Day Program and Friendly Visiting Services.

Our wealth of programs provides a variety of intellectual and recreational opportunities. Seniors can focus on their health in our multi-faceted wellness and exercise classes, brain fitness activities, workshops and health screenings or nourish their minds in our weekly discussion groups, computer training, cultural arts celebrations, excursions, and intergenerational partnerships. We strive for excellence in all we do and are very proud of the accomplishments of our staff and volunteers who are often recognized for their efforts. In the past couple of years, the City of Glen Cove, through the efforts of the Glen Cove Senior Center, was recognized as an Age Friendly community by AARP and the World Health Organization. Soon after, the City of Glen Cove was given the honor of becoming a Center of Excellence and the Senior Center is seen as a model Center.

We take great pride in our widespread and distinctive community outreach programs. Our Center has assisted many young people through our mentoring and scholarship programs, and fundraised for people in crisis locally, nationally, and internationally. Despite our age - or perhaps because of it - we are devoted activists and continually advocate for additional housing, better healthcare, and social and financial support that foster independence, dignity, and peace of mind. A delicious hot or cold lunch, curb-to-curb transportation, and ample parking for those who drive, offer the backdrop to revisiting an old hobby, discovering a new interest, or just spending a relaxing and often inspiring afternoon with friends.

The Glen Cove Senior Center is currently funded by the Older Americans Act, the New York State Office for Aging, and the Nassau County Office for Aging, as well as generous support from the City of Glen Cove and the Glen Cove SAGE Foundation

CONTACT INFORMATION

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Everyone had such a great time celebrating Crazy Hat Day at the Senior Center!

LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends,

With the month of July comes hot, humid weather! Please remember to hydrate as much as possible and to be careful when spending lots of time outside. Our gardening club has started and is a wonderful way to spend time with your friends in the shade on the patio working with your hands. If you'd like to join our gardening club, please speak with Eric, our Activity Coordinator.

Independence Day is a very important holiday commemorating the adoption of the Declaration of Independence on July 4th, 1776 declaring the 13 American colonies free from British rule. And what a celebration it is with fireworks, parades and barbecues. Although we are closed on Friday, Jul 4th, we will of course be celebrating the holiday on Thursday, July 3rd at 12:00. Please join us for this wonderful day and don't forget to reserve your meal by Tuesday, July 1st!

This month we will once again be having our Circle of Friends evening event on Wednesday, July 9th from 6:00 pm – 8:00 pm. This wonderful evening includes a delicious hot meal and the music of The Clusters Band, so please make your reservations by Monday, July 7th!

Just a reminder that we offer free haircuts here at the Center and this month this will be on Monday, July 28th from 10:00 am – 12:00 pm. With the hot weather in July, we are so lucky to be having an ice cream social sponsored by Atria Glen Cove on Friday, July 11th at 1:125 pm and our monthly birthday celebrations will be on Friday, July 18th at 12:45 pm.

I am very excited to share with you that Glen Cove has been awarded the 2025 AARP Community Challenge Flagship Grant from AARP Livable Communities and AARP New York! Glen Cove is one of only five communities in New York, the only one in Nassau County, to be selected for this 2025 Flagship Grant. As part of this campaign, Age Friendly Glen Cove will conduct transit accessibility audits across the region, hold digital literacy workshops on the use of transit apps and organize public transportation-based experiential learning trips. I have to shine light on all the hard work that AJ Kuhr, the Age Friendly Director, has done to help us attain this grant. AJ has a love of the Glen Cove community that is unwavering, and she is dedicated to the goals of Age Friendly. Thank you so much AJ for all you do and for continually working to make Glen Cove the best community it can possibly be!

Best Regards,
Christine Rice

Christine Rice
Executive Director

As a government agency, we cannot endorse specific advertisers; however, we greatly appreciate their support. They are making this publication possible. They are active members of our business community who take great pride in their service to seniors. We applaud their efforts and can't thank them enough!

JULY HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

From the comfort of our Center!

July 8th at 2:30 am – Tidal Basin, Washington DC

June 9th at 10:30 am – Plymouth, England

Dive into the sights, sounds, flavors, and spirit of these beautiful places. Ditch the airport hassle and let us bring the world you!

How The Declaration of Independence

Was Created Lecture *Sponsored By: Atria Glen Cove*

Wednesday, July 2nd at 1:00 p.m.

Join us for a fascinating lecture on how the Declaration of Independence was created, exploring the pivotal moments that led to America's founding document. Learn how the colonies moved from reconciliation efforts to a bold call for independence, and how Thomas Jefferson – alongside a committee of five – crafted the words that would shape a nation. This engaging session will bring history to life, offering insight into the debates, edits, and ideals that defined July 1776.

Independence Day Luncheon

Thursday, July 3rd from 12:00 p.m. – 1:00 p.m.

Get ready to celebrate the red, white, and blue at our Independence Day Luncheon! Join us for a festive afternoon filled with live patriotic music, delicious food, and a few special guests who will help us honor the spirit of the holiday. It's a wonderful opportunity to come together, share stories, and celebrate the freedoms we cherish. Don't miss this star-spangled celebration!

Golden Gallery Reception *(Open to Everyone)*

Thursday, July 3rd from 1:00 p.m. – 2:00 p.m.

We are thrilled to announce our upcoming Golden Gallery Reception, featuring stunning artwork from our painting and drawing students. We couldn't be more excited to share their incredible work with our community. Join us for an afternoon of creativity and inspiration, with light refreshments available to enjoy as you explore the exhibition.

Rhonda Denet Motown Show Performance

Sponsored By: Care First Home Solutions

Friday, June 13th from 12:00 p.m. – 1:00 p.m.

Get ready for a high-energy celebration of classic Motown with Rhonda Denet's Motown Show! Featuring timeless hits from the golden era of soul, this performance brings the unforgettable sounds of artists like Marvin Gaye, The Temptations, Stevie Wonder, and more to life. With her powerful voice and dynamic stage presence, Rhonda delivers a show that's full of rhythm, heart, and pure musical joy.

50's Era Celebration

Wednesday, July 9th from 12:00 p.m. – 1:00 p.m.

Get ready to rock around the clock at our 1950's Era Celebration! Enjoy a delicious lunch, lively entertainment, and plenty of fun as we celebrate the spirit of the '50s

To RSVP to these events and to find out more information note that reservations for lunch must be made at least 48 hours in advance.

together! Dust off your poodle skirts and leather jackets – it's going to be a blast!

The Clusters Band Performance

Wednesday, July 9th from 6:00 p.m. – 8:00 p.m.

Reservations Required

Don't miss an unforgettable Circle of Friends evening of incredible live music with **The Clusters**! This legendary vocal group brings the best of Doo Wop, Motown, R&B, and classic hits from the '50s through the '80s, delivering soulful harmonies and timeless energy that will have you singing and dancing all night long. Pair this amazing performance with a delicious dinner – all for just **\$10**! This event is open to all ages, so bring your family and friends for a night of music, memories, and fun. We can't wait to see you there!

Ice Cream Social *Sponsored By: Atria Glen Cove*

Friday, July 11th at 1:15 p.m. **Reservations Required**

Cool off and connect at our Ice Cream Social – a sweet afternoon of treats, laughter, and community! Build your own sundae, enjoy classic flavors and toppings, and spend time with friends old and new. It's the perfect way to beat the heat and share a little joy.

Broadway Day Luncheon

Tuesday, July 15th from 12:00 p.m. – 1:00 p.m.

Step into the spotlight at our Broadway Day – a dazzling afternoon filled with live show tunes, delicious food, and a few special guests to make the day even more memorable! Whether you're a lifelong theater lover or just enjoy a good melody, this event promises great company, great entertainment, and a celebration worthy of the Great White Way. Don't miss your cue – join us for a standing ovation-worthy experience!

Mocktail & Mingle *Sponsored By: Sunrise of Glen Cove*

Tuesday, July 15th at 1:15 p.m.

Join us for an afternoon of refreshing non-alcoholic beverages, games, and delightful conversation. This event is a perfect opportunity to socialize, make new friends, and enjoy a delicious mocktail crafted with care. Whether you prefer fruity, fizzy, or classic flavors, there's something for everyone to enjoy!

July Birthday's Celebration

Friday, July 18th at 12:45 p.m.

Join us as we celebrate the July birthdays of our beloved seniors! Enjoy good food, good company, and good fun. Let's make this a memorable occasion filled with laughter and joy. Don't miss out on the festivities!

Jazz Day Luncheon

Tuesday, July 29th from 12:00 p.m. – 1:00 p.m.

Swing into style at our Jazz Day Luncheon – an afternoon of live jazz music, delicious food, and special guests that will have you tapping your toes. Join us as we celebrate the timeless sounds of jazz in great company and festive spirit!

THE GLEN COVE ADULT DAY PROGRAM

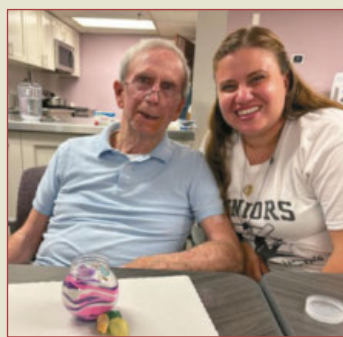
The Glen Cove Adult Day Program wishes you a summer full of beachy fun, cool drinks, and barbecues with friends and family! In this month named after Julius Caesar, Americans will spend an average of 1 billion dollars on fireworks, and we will eat approximately 150 million hot dogs on Independence Day. In July, we wish our Cancer and Leo friends happy birthdays! In addition to being one of the hottest months of the year in the Northern Hemisphere, there are many fun and whimsical days to enjoy. Most notably, we celebrate the birth of the United States of America on 7/04! Other monthly and daily observances include Christmas in July, Grilling Month, Hot Dog Month, Picnic Month, Ice Cream Month, Hawaii & National Piña Colada Day, Moon Day & Space Exploration Day, National Swimming Pool Day & Lifeguard Appreciation Day, National Blueberry Day & National Cherry Day, Shark Awareness Day, and Disability Pride Month. We look forward to having a variety of parties and activities to acknowledge these themes at the Glen Cove Adult Day Program!

ADP collaborates with many local organizations, agencies, and colleges to enhance our programming. We are excited to have a new monthly activity brought to us by Pam Kiperman from Sunrise of Glen Cove and Judith Rivera from CareFirst Home Solutions, and they will also be providing us with refreshing mocktails for these meetups! We look forward to a special presentation from Fred Elliman, as he will be guiding us on horticulture practices through the Long Island Museum. We continue to have Music Therapy through the National Enrichment Group. Our weekly American Sign Language class is an educational opportunity brought to us by our friends at the Mill Neck Manor School for the Deaf. We hold our "Recall & Reminiscence Therapy" group monthly, which is led by our Speech Therapist professor friends Linda and Gail from LIU Post. We regularly work on maintaining our physicality with Zumba, Tai Chi, Mind & Body Movement, Strength Training, modified Aerobics classes, and our Balance, Strength, & Fitness classes. The Glen Cove Adult Day Program offers a variety of programming to create a stimulating and entertaining environment for seniors.

The Glen Cove Adult Day Program is pleased to host our own Caregiver Support Group for the families of our program, which is facilitated by FCA. Please reach out to Amanda for the July dates, and to let her know if you plan on attending this intimate and comfortable group where you can feel safe to share.

Please feel free to call or email Amanda with any questions at afreeman@glencoveny.gov.

Looking forward to seeing you soon!-Amanda, Melanie, and the entire team in ADP



Summer is in full swing at ADP, where participants, staff, and volunteers come together to embrace creativity and cherish each other's company in a vibrant and joyful atmosphere.





July 2025

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



| MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|
| <p><u>MARK YOUR CALENDARS:</u></p> <p>7/2 – DECLARATION OF INDEPENDENCE LECTURE 7/3 – INDEPENDENCE DAY LUNCHEON 7/8 – RHONDA DENET PERFORMANCE 7/9 – 50'S ERA CELEBRATION 7/9 – COF THE CLUSTERS BAND 7/11 – ICE CREAM SOCIAL 7/15 – BROADWAY DAY 7/29 – JAZZ DAY</p> | <p>VANDERBILT MUSEUM TRIP 1</p> <p>10:00 – Painting & Drawing w/ Chuck 10:15 – WALKING CLUB 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 1:00 – Yoga & Pilates w/ Karen 1:00 – KARAOKE 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:00 – Ping Pong</p> | <p>9:05 – Seniorobics w/ 10:15 – Stretching & Str 11:00 – Rummikub Club 1:00 – HOW THE DECL INDEPENDENCE Sponsored By: 1:00 – Chair Yoga, Ton 1:00 – Canasta, Mahjo 2:00 – Bingo</p> |
| <p>9:05 – Brain Booster Club 7 9:05 – Crocheting w/ Friends 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:15 – GARDEN CLUB 1:00 – FIRE PREVENTION WORKSHOP 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer</p> | <p>10:00 – Painting & Drawing w/ Chuck 8 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – Bereavement with COMHPS 11:00 – Total Body Fitness w/ Marvin 1:00 – RHONDA DENET MOTOWN SHOW Sponsored By: CARE FIRST HOME SOLUTIONS 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Canasta, Mahjong & Bridge 2:15 – Bingo 2:30 – INTERACTIVE LIVE TOUR: D.C.</p> | <p>9:05 – Seniorobics w/ 10:15 – Stretching & Str 10:30 – INTERACTIVE L 11:00 – Rummikub Club 12:00 – 50'S ERA CELEB 1:00 – Chair Yoga, Ton 1:00 – Canasta, Mahjo 6:00 – 8:00 – THE CLU DINNER INCLUDED RE</p> |
| <p>9:05 – Brain Booster Club 14 9:05 – Crocheting w/ Friends 10:00-12:00 – AUDIOLOGY w/ Hofstra University 10:30 – CROCHET GROUP SPECIAL EVENT 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 1:00 – MUSIC JAM w/ Jeff 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer</p> | <p>10:00 – Painting & Drawing w/ Chuck 15 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 12:00 – BROADWAY DAY LUNCHEON 1:00 – CITY WALK AUDIT Age Friendly 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong & Bridge 1:15 – MOCKTAIL & MINGLE Sponsored By: SUNRISE OF GLEN COVE 2:00 – Bingo & Ping Pong</p> | <p>SPIRIT OF M 9:05 – Seniorobics w/ 10:15 – Stretching & Str 11:00 – Rummikub Club 11:00 – KARAOKE 1:00 – Chair Yoga, Ton 1:00 – Bingo 1:00 – Canasta 1:00 – Mahjong, & Bri 1:00 – LILA</p> |
| <p>9:05 – Brain Booster Club 21 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00-3:00 – NYPA ENERGIZE U WORKSHOP 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer</p> | <p>10:00 – Painting & Drawing w/ Chuck 22 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 11:00 – Total Body Fitness w/ Marvin 1:00 – Yoga & Pilates w/ Karen 1:00 – SING-ALONG w/ Michelle 1:00 – Canasta, Bridge, & Mahjong 2:00 – Bingo & Ping Pong</p> | <p>9:05 – Seniorobics w/ 10:15 – Stretching & Str 11:00 – Rummikub Club 11:15 – CORNHOLE 1:00 – LIRR RAILROAD 1:00 – Chair Yoga, Ton 1:00 – Canasta, Mahjo 2:00 – Bingo</p> |
| <p>9:05 – Crocheting w/ Friends 28 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – MUSIC JAM w/ Jeff 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 1:00 – Bingo 2:30 – Tai Chi w/ Spencer</p> | <p>10:00 – Painting & Drawing w/ Chuck 29 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 12:00 – JAZZ DAY LUNCHEON 1:00 – CITY WALK AUDIT Age Friendly 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo & Ping Pong</p> | <p>MUSIC MA 9:05 – Seniorobics w/ 10:15 – Stretching & Str 11:00 – Rummikub Club 11:00 – KARAOKE 1:00 – ABLE RIDE TRAI 1:00 – Chair Yoga, Ton 1:00 – Canasta, Mahjo</p> |



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

| WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|
| Fran 2 Strength Training w/ Nick CELEBRATION OF THE 100 YEARS OF THE ATRIA GLEN COVE ing, & Balance w/ Nilo ng, & Bridge | 10:15 – Card & Board Games 3 10:30 – Exercise w/ YMCA 10:30 – CC Board Meeting 11:00-2:00 – Manicures w/ Ursula 12:00 – INDEPENDENCE DAY LUNCHEON 1:00 – 2:00 – GOLDEN GALLERY RECEPTION 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club | THE CENTER IS CLOSED 4  |
| Fran 9 Strength Training w/ Nick LIVE TOUR: ENGLAND CELEBRATION ing, & Balance w/ Nilo ng & Bridge 1:00 – Bingo STERS BAND \$10 RESERVATIONS REQUIRED | 10:15 – Card & Board Games 10 10:30 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:15 – DRUM CIRCLE 11:00 – American Legion Meeting 1:00 – COPING WITH CRISIS WORKSHOP 1:00 – Canasta & Mahjong 1:15 – Food Shopping 3:00 – 4:00 – ALL LEVELS PICKLEBALL PLAY Stanco Park Sign-up Required | 9:05 – Seniorobics w/ Fran 11 10:00-11:30 – SEWING CLUB w/ Stephanie 10:30 – SITE COUNCIL MEETING 11:00 – Trivia 11:00 – BOOK CLUB 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:15 – ICE CREAM SOCIAL Sponsored By: ATRIA GLEN COVE 1:15 – Canasta 1:15 – Line Dancing 2:00 – Bingo 2:30 – Tai Chi w/ Spencer |
| NY BOAT TRIP 16 Fran Strength Training w/ Nick ing, & Balance w/ Nilo dge | 9:00 – WALK WITH A DOC – Garvies Point 17 9:30 – 12:00 – SNAP By Appointment 10:30 – Exercise w/ YMCA 10:30 – CC Board Meeting 11:00-2:00 – Manicures w/ Ursula 11:15 – GOLF PUTT CHALLENGE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club 3:00 – 4:00 – ALL LEVELS PICKLEBALL PLAY Stanco Park Sign-up Required | 9:05 – 12:00 HEALTH ASSESSMENTS 18 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:45 – JULY BIRTHDAY'S CELEBRATION 1:15 – Canasta 1:15 – Line Dancing 1:15 – Bingo 2:30 – Tai Chi w/ Spencer |
| Fran 23 Strength Training w/ Nick WORKSHOP Age Friendly ing, & Balance w/ Nilo ng & Bridge | 9:05 – Brain Booster Club 24 10:15 – Card & Board Games 10:30 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:15 – KARAOKE 1:00 – ADVANCED DIRECTIVES LECTURE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club | 9:05 – Seniorobics w/ Fran 25 9:05 – Crocheting w/ Friends 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo & Canasta 1:15 – PAINT PARTY w/ Alicia 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer |
| N MUSICAL TRIP 30 Fran Strength Training w/ Nick NING Age Friendly ing, & Balance w/ Nilo ng, & Bridge 1:00 – Bingo | 10:15 – Card & Board Games 31 10:30 – Exercise w/ YMCA 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00-2:00 – Manicures w/ Ursula 1:00 – MOVIE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club 3:00 – 4:00 – ALL LEVELS PICKLEBALL PLAY Stanco Park Sign-up Required | TRIPS ON SALE NOW: 8/1 – Essex Steam Train & Riverboat 8/6 – Betty Boop Broadway Show 8/13 – Greenwich Village Food Tour 8/27 – Thimble Island Tour w/ Lunch 9/9 – East End Winery Trip w/ Lunch 9/16 – Riverhead Aquarium w/ Lunch 9/24 – Italian American Museum w/ Lunch 10/1 – Sister Act Musical 10/9 – The Great Gatsby Broadway |

AGE-FRIENDLY ACTIVITIES

Let's get Ready to Ride!

We are launching a transit campaign funded through a 2025 AARP Community Challenge Flagship Grant Award. As part of this grant, we are holding a workshop at the Glen Cove Senior Center on the use of the Long Island Rail Road on Wednesday, July 23rd at 1:00 pm. Whether you are new to riding the rails or have decades of experience, the LIRR has rolled out new features to make trip planning and riding more accessible.

On Wednesday, July 30th at 1:00 pm we will be following up with a workshop on Nassau County's paratransit service, Able-Ride! Come find out how to apply to be able to use this door-to-door transit service administered by NICE Bus. At the end of both the LIRR and Able-Ride workshops we will be also holding transit bingo sponsored by Transit Solutions! Test your luck and try to win big!

Finally, starting this July we are launching our first local transit audits. During a transit audit participants observe and evaluate the effectiveness, accessibility and reliability of a transit system. On July 15th and the 29th at 1:00 pm, we will be teaming up with the Youth Bureau's Seasonal Youth Employment Program to assess conditions around the Bridge Street NICE Bus stops and Glen St. Station..

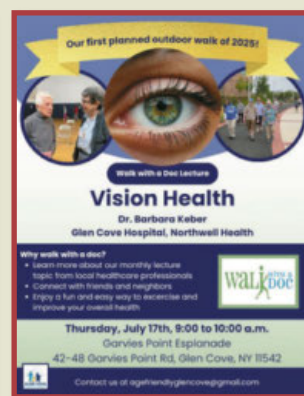
Fire Prevention: Keep yourself and your loved ones safe

On Monday, July 7th at 1:00 pm a team from the Nassau County Office of the Fire Marshall is coming to the Glen Cove Senior Center to hold a fire prevention and fire safety workshop. Unfortunately, homes in significant portions of Glen Cove are at elevated risk of fire according to the American Red Cross's Home Fire Risk Map. During this workshop you will learn how to minimize this risk by identifying potential fire hazards and understanding fire behavior. Facilitators will also share tips on how to prepare in the event that you and your loved ones need to evacuate.

Walk with a Doc

On the 17th at 9:00 am, Dr. Barbara Keber, Chair of Family Medicine at Glen Cove Hospital, will be delivering a lecture on vision health. Windy, wet weather meant we relocated our June Walk with a Doc indoors, but let's hope for better walking conditions this July that will enable us to enjoy Garvies Point Esplanade.


Walk with a Doc is a collaboration between Northwell Health and Age-Friendly Glen Cove which aims to disseminate reliable health-related information to the public, make people more comfortable engaging with healthcare professionals and get folks moving. We plan to hold our event at Garvies Esplanade this month, but in case of inclement weather we may need to relocate to the Glen Cove Boys & Girls Club. Sign up for Walk with a Doc at the front desk of the Glen Cove Senior Center or by emailing agefriendlyglencove@gmail.com. Local transportation to our walking location is available to members of the Senior Center.



Want to get in touch with Age-Friendly Glen Cove? Want to learn more or share an idea? Contact AJ at agefriendlyglencove@gmail.com or drop by Age-Friendly's office on the second floor of the Glen Cove Senior Center.



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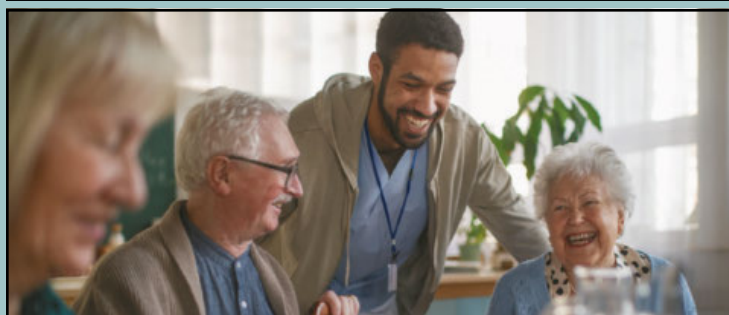
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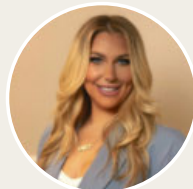
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LUNCH MENU JULY 2025

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>* SOUP & DESSERT COMES WITH BOTH MEALS</p> <p>FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL (516) 676-6182</p> | <p>1 MINESTRONE SOUP* CHICKEN PICCATA RICE PILAF MIXED VEGETABLES ITALIAN BREAD PEACH HALVES* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD POTATO SALAD</p> | <p>2 LENTIL SOUP* GREEK SALAD PLATE (LETTUCE, TOMATO, FETA CHEESE, CUCUMBERS) & GRILLED CHICKEN PASTA SALAD PITA BREAD BANANA* OR CHICKEN SALAD IN TORTILLA W/ L & T PASTA SALAD</p> | <p>3 CREAM OF BROCCOLI SOUP* HAMBURGER ON A BUN W/ L&T & KETCHUP FRENCH FRIES COLESLAW PEAR HALVES* OR EGG SALAD ON WHEAT W/ L& T COLESLAW</p> | <p>4 THE CENTER WILL BE CLOSED</p>  |
| <p>7 POTATO CHOWDER-SOUP* CHICKEN MARSALA RICE PILAF CARROTS ITALIAN BREAD PEACH HALVES* OR SEAFOOD SALAD IN TORTILLA W/ L & T POTATO SALAD</p> | <p>8 TOMATO SOUP* CHILI W/ BEEF & BEANS BROWN RICE BROCCOLI WHEAT BREAD BANANA* OR BREADED CHICKEN CUTLET WRAP, CARROT RAISIN SALAD</p> | <p>9 SPLIT PEA SOUP* BAKED PENNE PASTA W/ SPINACH & CHEESE TOSSED SALAD ITALIAN BREAD JELLO* OR TUNA SALAD ON RYE W/ L & T TOSSED SALAD</p> | <p>10 LENTIL SOUP* SWEDISH MEATBALLS W/ GRAVY & NOODLES MIXED VEGETABLES WHEAT BREAD FRUIT CUP* OR CHICKEN SALAD IN TORTILLA W/ L & T PASTA SALAD</p> | <p>11 MINESTRONE SOUP* BREADED CHICKEN CUTLET W/ GRAVY MASHED POTATOES PEAS & CARROTS RYE BREAD FRUIT CUP* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD PEA SALAD</p> |
| <p>14 SPLIT PEA SOUP* BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS WHEAT BREAD PUDDING* OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO PEA SALAD</p> | <p>15 CHICKEN NOODLE SOUP* JUMBO RAVIOLI W/ MEAT SAUCE MIXED VEGETABLES ITALIAN BREAD FRUIT CUP* OR SEAFOOD SALAD IN TORTILLA W/ L & T VEGGIE SALAD</p> | <p>16 POTATO CHOWDER SOUP* CHICKEN PICCATA RICE PILAF GREEN BEANS WHEAT BREAD BANANA* OR EGG SALAD ON WHEAT W/ L & T GREEN BEAN SALAD</p> | <p>17 LENTIL SOUP* SAUSAGE & PEPPERS W/ MARINARA ROASTED POTATOES BROCCOLI ROLL MIXED FRUIT* OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD</p> | <p>18 CREAM OF BROCCOLI-SOUP* MEATLOAF W/ GRAVY MASHED POTATOES PEAS & CARROTS RYE BREAD BIRTHDAY CAKE* OR CHICKEN SALAD IN TORTILLA W/ L & T PEA SALAD</p> |
| <p>21 TOMATO SOUP* CHICKEN FRANCAISE BROWN RICE GREEN BEANS ITALIAN BREAD BANANA* OR SLICED HAM & CHEESE ON RYE W/ L&T & MUSTARD GREEN BEAN SALAD</p> | <p>22 LENTIL SOUP* STUFFED PEPPERS BROWN RICE BROCCOLI WHEAT BREAD FRUIT CUP* OR CHICKEN SALAD IN TORTILLA W/ L & T BROCCOLI SALAD</p> | <p>23 SPLIT PEA SOUP* LOIN OF PORK W/ GRAVY MASHED POTATOES BEETS ITALIAN BREAD APPLESAUCE* OR SEAFOOD SALAD IN TORTILLA W/ L & T BEET SALAD</p> | <p>24 POTATO CHOWDER SOUP* STUFFED SHELLS W/ MARINARA SAUCE OVER SPINACH TOSSED SALAD WHEAT BREAD JELLO* OR CHICKEN CEASAR WRAP PASTA SALAD</p> | <p>25 VEGETABLE SOUP* CHICKEN BURRITO W/ RANCHERO SAUCE RICE & BEANS PUDDING* OR TUNA SALAD ON RYE W/ L & T COLESLAW</p> |
| <p>28 SPLIT PEA SOUP* SPRING SALAD PLATE W/ GRILLED CHICKEN MACARONI SALAD ITALIAN BREAD FRUIT CUP* OR CHICKEN SALAD IN TORTILLA W/ L & T MACARONI SALAD</p> | <p>29 CHICKEN NOODLE SOUP* BEEF & BEAN BURRITO MEXICAN RICE & BEANS PEACH HALVES* OR TUNA SALAD ON RYE W/ L & T CUCUMBER SALAD</p> | <p>30 VEGETABLE SOUP* CHICKEN CORDON BLEU (HAM & CHEESE) YELLOW RICE GREEN BEANS ROLL JELLO* OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO GREEN BEAN SALAD</p> | <p>31 BARLEY SOUP* CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE TOSSED SALAD WHEAT BREAD PUDDING* OR SEAFOOD SALAD IN TORTILLA W/ L & T BEET SALAD</p> | <p>PLEASE NOTE: IN ORDER TO RESERVE THE MEAL YOU DESIRE LUNCH RESERVATIONS MUST BE MADE BY NOON AT LEAST TWO BUSINESS DAY PRIOR TO THE DAY YOU ARE COMING IN THANK YOU</p> |