



*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

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

sc@glencoveny.gov

Website:

glencoveseniorcenter.com

Please like us on Facebook:

Glen Cove Senior Center

Christine Rice

Executive Director
crice@glencoveny.gov

Jenna Belfiore

Secretary to the Executive Director
jbelfiore@glencoveny.gov

Jacqueline Tecce

Site Manager
jtecce@glencoveny.gov

Heidi Clines

Assistant Site Manager
hclines@glencoveny.gov

Eric Shuman

Activities Coordinator
eshuman@glencoveny.gov

Nancy Cirasola

Activities Coordinator Assistant
ncirasola@glencoveny.gov

Sherri Meagher

Social Worker
smeagher@glencoveny.gov

Amanda Freeman

Adult Day Program Director
afreeman@glencoveny.gov

Melanie Raymundo

Adult Day Program Coordinator
mraymundo@glencoveny.gov

Stephanie Soter

Senior Account Clerk
ssoter@glencoveny.gov

David Geliashvili

Account Clerk
dgelashvili@glencoveny.gov

Martha Benitez

Kitchen Supervisor
mbenitez@glencoveny.gov

Jill Bozzella

Administrative Assistant
jbozzella@glencoveny.gov

Linda McConville

Administrative Assistant
lmconville@glencoveny.gov

Lisa Belinsky

Lunch Reservation Coordinator
lbelinsky@glencoveny.gov



Members enjoyed a spectacular day on the water during one of the Glen Cove Senior Center's many incredible trips.

LETTER FROM THE EXECUTIVE DIRECTOR

Dear Readers,

Happy August! As in previous years, August tends to share very hot weather with us, so please take care in keeping yourself cool as much as possible. A few tips to remember while spending time in the hot weather are to make sure you have water, wear a hat to protect you from the sun and if possible, put on sunscreen! I know many of you visit family and friends and or take vacations during the summer, so please be careful traveling and as always, if you need help with anything, we are always here for you.

Our Gardening Club is bustling with growth! Our members have done a fabulous job planting and replanting and our patio is looking beautiful and is a wonderful spot to sit and read, talk with friends or just enjoy the colors blooming all around you! If you would like to join our Gardening Club, please contact Eric Shuman for information.

Our calendar is full once again this month. Our monthly evening event, Circle of Friends will be held on Wednesday, August 20th from 6:00 pm – 8:00 pm. Everyone's favorite Our Generation band will be joining us and sharing their musical talents, so please make sure to register and join us on the dance floor and for a delicious meal. Exercise is very important and something we are proud to offer our members on many levels. We offer seniorobics, stretching and mediation, Tai Chi, exercise with the YMCA, chair yoga, Zumba and total body fitness. Our exercise classes are for all members. The only requirement is that you have a medical form filled out by your doctor. If you are a member and would like to join us for exercise, please make sure your medical form is updated. If you are not yet a member, please feel free to come to the center and meet with Jacqui or Heidi. They will happily walk you through the application process. I am happy to share that our membership is growing leaps and bounds every month. Last month we had over thirty new members sign up. We have room for everyone and welcome those who would like to make new friends, enjoy exercise, presentations, games, movies, trips and so much more.

As a reminder, our wonderful social worker Sherri Meagher is at the Center to help all members with any issue they may have. Sherri has been with the Center for many years and is always here for all members no matter what the need is. If you are in need of social service help, please don't hesitate to call the Center at 516-759-9610 and ask for Sherri Meagher.

Thank you to all of our members, Mayor Panzenbeck, Deputy Mayor Donna McNaughton and all the council members and the entire community who continue to support myself and my staff. We love what we do and love spending our days with all of you. Thank you to our members for sharing your hearts with us, we cherish every minute with you!

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!

AUGUST HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

From the comfort of our Center!

8/12 at 1:30 am – *Split Croatia*

8/18 at 2:30pm – *Nashville, TN*

8/21 at 10:00am – *Krakow Poland*

8/26 at 1:30pm – *Cusco, Peru*

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



Free Bingo with Prizes

Sponsored By: Glengariff Rehabilitation and Healthcare Center

Monday, August 4th at 1:00 p.m.

Feeling lucky? Join us for FREE Bingo at the Glen Cove Senior Center! Whether you're an expert or a beginner, enjoy an afternoon of excitement, laughter, and fun prizes. No registration needed—just come ready to play!

Joey Nickels Performance

Tuesday, August 5th at 1:00 p.m.

Get ready for an afternoon of music and nostalgia with Joey Nickels at the Glen Cove Senior Center! Known for his smooth vocals, Joey will serenade you with classics from Frank Sinatra, Dean Martin, Bobby Darin, and more. Whether you're a longtime fan or just enjoy a good tune, his heartfelt performance is sure to be memorable.

Cornhole Tournament

Wednesday, August 6th from 10:45 a.m. – 11:45 a.m.

Get ready to aim, toss, and cheer at our Cornhole Tournament! Whether you're a seasoned pro or just in it for the laughs, this friendly competition promises plenty of fun, camaraderie, and maybe even a little bragging rights. Teams will square off in a lively morning of beanbag tossing, with prizes for top scorers and plenty of encouragement for everyone. Please sign up at the front desk.

Luau *Sponsored By: Arbors at Westbury & Oyster Bay Senior Campus*

Friday, August 8th from 12:00 p.m. – 1:00 p.m.

Get ready to hula into happiness! Join us for a tropical afternoon filled with delicious food, lively music, and plenty of aloha spirit. We'll be transforming the Center into a Hawaiian paradise, complete with leis, palm décor, and good vibes all around. Whether you're wearing a grass skirt or just bringing your appetite, this is one event you won't want to miss!

Comedian Barbee Jean

Monday, August 11th at 1:00 p.m.

Get ready for an afternoon of laughter with the talented Barbee Jean! Known for her quick wit and high-energy style, Barbee's World Comedy has been energizing audiences across New York City. She'll be sharing relatable stories and humor that everyone can enjoy, bringing joy to our community. Don't miss out on this entertaining performance!

August Birthday's Celebration

Friday, August 15th at 12:45 p.m.

Join us as we celebrate the August birthdays of our beloved seniors! Enjoy good food, good company, and good fun. Don't miss out on the festivities!

Smart DriverTEK Workshop with AARP

Tuesday, August 19th from 1:00 p.m. – 2:15 p.m.

We're excited to partner with AARP to bring the Smart DriverTEK Workshop to our Center! This free session will help drivers understand and confidently use the latest safety features in today's vehicles, from blind spot warnings to lane departure alerts. Whether you're driving a newer car or considering one, this workshop offers valuable insights.

60's Era Celebration Luncheon

Wednesday, August 20th from 12:00 p.m. – 1:00 p.m.

Break out the bell bottoms and peace signs – it's time to turn back the clock and celebrate the swinging 60's at our 60's Era Celebration Luncheon! Join us for a far-out afternoon filled with retro vibes, classic tunes, and a delicious meal that'll have you feeling groovy. We'll be serving up lunch with a side of nostalgia, featuring music from the decade that brought us The Beatles, Motown, and Woodstock. Expect themed décor, fun trivia, and maybe even a few surprise guests to keep the good times rolling.

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

Wednesday, August 20th 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!

Our Generation Band Performance

Wednesday, August 20th from 6:00 p.m. – 8:00 p.m.

Reservations Required

We're thrilled to welcome back the incredible **OUR GENERATION** band, known for their high-energy tribute to the unforgettable hits of the 60's and 70's. Get ready to dance, sing along, and relive the golden era of music with friends old and new. Enjoy a delicious dinner, great company, and toe-tapping tunes. This amazing performance with a delicious dinner, is just **\$10!** This event is open to all ages, so bring your family, invite your neighbors, and come celebrate the joy of community and music. We can't wait to see you there!

Country Western Luncheon

Tuesday, August 26th from 12:00 p.m. – 1:00 p.m.

Put on your cowboy boots and grab your hat for our Country Western Luncheon! Enjoy hearty food, great music, and a lot of fun. We'll have a delicious lunch, themed décor, and a lively performance. Whether you love country music or just a good gathering, this event promises smiles and maybe some line dancing!

Paint Party

Friday, August 29th from 1:15 p.m. – 2:15 p.m.

Unleash your inner artist at our **FREE** Paint Party class with the amazing Alicia! All skill levels are welcome, and in just one hour, you'll complete a project to take home. Enjoy a fun and inspiring session that celebrates creativity and self-expression!

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.

THE GLEN COVE ADULT DAY PROGRAM

The Glen Cove Adult Day Program welcomes you to the last full month of Summer 2025! August was named after Augustus Caesar, who was an important figure in ancient Rome, and who was also the grandnephew of Julius Caesar. August is a time when people enjoy nature, community events, and adventure, as many like to explore new places while traveling. We will be enjoying the rest of this vibrant season in ADP, as our program brings seasonal festivities indoors to those who cannot spend as much time outside. In August, we wish our Leo and Virgo friends happy birthdays! Many creative and quirky themes are observed this month, including American Artist Appreciation Month, American Adventures Month, National Dog Month, International Pirate Month, Friendship Week, sandcastles, lighthouses, photography, thrifting, Left-Handers Day, and National Girlfriends Day.

ADP collaborates with many local organizations, agencies, and colleges to enhance our programming. We are excited to have a new monthly activity, called "Sip & Socialize," brought to us by Pam Kiperman from Sunrise of Glen Cove and Judith Rivera from CareFirst Home Solutions! 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 have a great time doing gardening projects and learning about different plants, herbs, and flowers during our Horticultural Therapy program, which is brought to us by "Grow Girl" Lauren Ferris. ADP hosts artistic virtual programming that is brought to us through the Long Island Museum in Stony Brook, which is titled "In the Moment." This art-viewing and art-making program allows us to create our own work after exploring the museum's exhibits. We look forward to another session of the film reminiscence program brought to us by Marcy Rhodes titled, "Making Memories at the Movies." 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. Our friend Deirdre from Harbor House & Oyster Bay Manor will join us this month to host a special bingo activity. The Glen Cove Adult Day Program offers a variety of programming to create a stimulating and entertaining environment for older adults.

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 August-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



ADP participants and staff celebrated Christmas in July with reindeer ring toss, festive tree crafting, and Christmas tunes with Joey Nichols.



August 2025

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

MONDAY	TUESDAY	WEDNESDAY
<u>MARK YOUR CALENDARS:</u> 8/5 – JOEY NICKELS PERFORMANCE 8/6 – CORNHOLE TOURNAMENT 8/8 – LUAU 8/11 – COMEDIAN BARBEE JEAN 8/15 – SOCIAL CLUB (NEW) 8/20 – 60'S ERA CELEBRATION 8/20 – COF OUR GENERATION 8/26 – COUNTRY WESTERN DAY	<u>INTERACTIVE LIVE TOURS</u> from the comfort of our Center! 8/12 at 1:30pm – SPLIT, CROATIA 8/18 at 2:30pm – NASHVILLE, TN 8/21 at 10:00am – KRAKOW, POLAND 8/26 at 1:30pm – CUSCO, PERU Ditch the airport hassle and let us bring the world you!	<u>TRIPS ON</u> 9/9 – East End Win 9/16 – Riverhead A 9/24 – Italian Amer 10/1 – Sister Act M 10/9 – The Great Ga 12/8 – Holly Jolly H 12/11 – Holiday Spec 12/30 – Annie Music
9:05 – Crocheting w/ Friends 4 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:15 – GARDEN CLUB 1:00 – MUSIC JAM w/ Jeff 1:00 – FREE BINGO WITH PRIZES Sponsored By: GLENGARIFF REHABILITATION 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer	9:05 – Brain Booster Club 5 10:00 – Painting & Drawing w/ Chuck 10:15 – WALKING CLUB 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 1:00 – Yoga & Pilates w/ Karen 1:00 – JOEY NICKELS PERFORMANCE 1:00 – Canasta, Mahjong, & Bridge 2:15 – Bingo & Ping Pong	9:05 – Seniorobics w/ 9:05 – Crocheting w/ F 10:15 – Stretching & Str 11:00 – Rummikub Club 10:45 – CORNHOLE TOU 1:00 – ELDER LAW LEC 1:00 – Chair Yoga, Ton 1:00 – Canasta & Mah 1:00 – Bridge
9:05 – Brain Booster Club 9:05 – Crocheting 11 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:00 – MUSIC JAM w/ Jeff 1:00 – COMEDIAN BARBEE JEAN 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 12 11:00-2:00 – Manicures w/ Ursula 10:15 – WALKING CLUB 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 1:00 – Yoga & Pilates w/ Karen 1:00 – Bingo 1:00 – Ping Pong 1:00 – Canasta, Mahjong & Bridge 1:30 – INTERACTIVE LIVE TOUR: CROATIA	9:05 – Seniorobics w/ 9:05 – Crocheting w/ F 10:15 – Stretching & Str 11:00 – Rummikub Club 1:00 – SCAM PREVENT 1:00 – Chair Yoga, Ton 1:00 – Canasta, Mahjo 2:00 – Bingo
9:05 – Brain Booster Club 18 9:05 – Crocheting w/ Friends 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – GIRL SCOUTS UNLEASHING LOVE PROJECT 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer 2:30 – INTERACTIVE LIVE TOUR: NASHVILLE	9:05 – Brain Booster Club 19 10:00 – Painting & Drawing w/ Chuck 11:00 – Total Body Fitness w/ Marvin 10:15 – WALKING CLUB 11:00 – Trivia 11:00 – Bereavement with COMHPS 11:00-2:00 – Manicures w/ Ursula 1:00 – SMART DRIVER-TEK WORKSHOP AARP 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong & Bridge 2:15 – Bingo 2:00 – Ping Pong	9:05 – Seniorobics w/ 10:15 – Stretching & Str 11:00 – Rummikub Club 12:00 – 60'S ERA CELEB 1:00 – Chair Yoga, Ton 1:15 – MOCKTAIL & M Sponsored By: 1:15 – Canasta, Mahjo 6:00 – 8:00 – OUR GEN DINNER INCLUDED - R
9:05 – Brain Booster Club 25 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 26 10:15 – WALKING CLUB 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 12:00 – COUNTRY WESTERN DAY 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Bingo, Canasta, Bridge, Mahjong 1:30 – INTERACTIVE LIVE TOUR: PERU	THIMBLE 9:05 – Seniorobics w/ 9:05 – Crocheting w/ F 10:15 – Stretching & Str 11:00 – Rummikub Club 1:00 – Chair Yoga, Ton 1:00 – Canasta, Mahjo 1:00 – KARAOKE



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
<u>SALE NOW:</u> Senior Trip w/ Lunch Aquarium w/ Lunch American Museum w/ Lunch Musical Catsby Broadway Holiday Party Spectacular on Ice al	<i>CIRCLE OF FRIENDS PRESENTS:</i> <u>OUR GENERATION</u> AUGUST 20TH 6:00PM – 8:00PM Dinner & Show just \$10! Open to EVERYONE of ALL ages	ESSEX STEAM TRAIN & RIVERBOAT TRIP 1 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 10:00-11:30 – SEWING CLUB w/ Stephanie 10:30 – SITE COUNCIL MEETING 11:00 – Trivia 10:30-11:30 – RECYCLING CRAFT CLUB 11:00 – BOOK CLUB 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Canasta 1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
Fran 6 Friends Strength Training w/ Nick o URNAMENT CTURE ing, & Balance w/ Nilo jong 2:00 – Bingo	7 9:05 – Brain Booster Club 10:15 – Card & Board Games 10:30 – Exercise w/ YMCA 10:30 – CC Board Meeting 11:15 – DRUM CIRCLE 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club	8 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:00 – LUAU Sponsored By: THE ARBORS AT WESTBURY & OYSTER BAY SENIOR CAMPUS 1:00 – Canasta 1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer 3:00 – 4:00 – NATIONAL PICKLEBALL DAY PLAY Stanco Park Sign-up Required
Fran 13 Friends Strength Training w/ Nick o ION LECTURE ing, & Balance w/ Nilo ing, & Bridge	14 10:15 – Card & Board Games 10:30 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:00 – American Legion Meeting 1:00 – MOVIE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 3:00 – 4:00 – PICKLEBALL ALL LEVELS CLINIC Stanco Park Sign-up Required	15 9:05 – 12:00 HEALTH ASSESSMENTS 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:45 – AUGUST BIRTHDAY'S CELEBRATION 1:15 – SOCIAL CLUB (NEW) 1:15 – Canasta 1:15 – Line Dancing 2:00 – Bingo 2:30 – Tai Chi w/ Spencer
Fran 20 Strength Training w/ Nick o ORATION ing, & Balance w/ Nilo INGLE SUNRISE OF GLEN COVE ing, & Bridge 2:00 – Bingo NERATION BAND \$10 RESERVATIONS REQUIRED	21 9:00 – WALK WITH A DOC – Garvies Point 9:30 – 12:00 – SNAP By Appointment 10:00 – INTERACTIVE LIVE TOUR: POLAND 10:30 – Exercise w/ YMCA 10:30 – CC Board Meeting 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club 3:00 – 4:00 – PICKLEBALL ALL LEVELS PLAY Stanco Park Sign-up Required	22 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – KARAOKE 1:00 – Canasta 1:00 – Line Dancing 1:00 – Bingo 2:30 – Tai Chi w/ Spencer
ISLAND TRIP 27 Fran Friends Strength Training w/ Nick o ing, & Balance w/ Nilo ing & Bridge 1:00 – Bingo	28 9:05 – Brain Booster Club 10:15 – Card & Board Games 10:30 – Exercise w/ YMCA 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	29 9:05 – Seniorobics w/ Fran 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 1:00 – Canasta 1:15 – PAINT PARTY w/ Alicia 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer

AUGUST AGE-FRIENDLY ACTIVITIES

Ride the rails with us!



As a continuation of our Ready to Ride Campaign, we are holding out first transit-based experiential learning trip. Take the LIRR into NYC with us on Monday, August 25th at 9:30 am and join us for a tour of one of the most iconic train stations in the world: Grand Central Terminal. The tour will be led by a Linda Karas of the Municipal Arts Society of New York. This is an opportunity to get (re) acquainted with riding the LIRR and gain firsthand experience with busiest commuter rail system in North America.

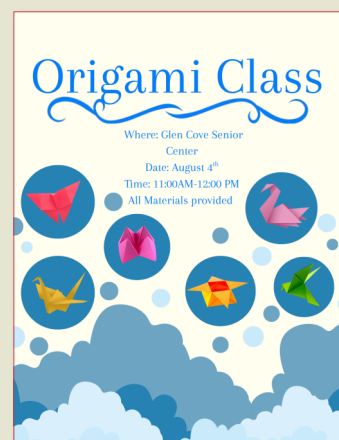
Grand Central Terminal is wheelchair accessible. However, participants who plan to walk should be aware that there is limited seating inside the Terminal. A bag lunch will be provided and there are additional food vendors on site. Age-Friendly Glen Cove is able to provide this learning opportunity for free thanks to funding from AARP through the AARP Community Challenge Grant Program. Limited seats are available and priority will be given to participants in our Ready to Ride Transit Navigation Workshops.

Interested in transit design or cartography? Join us as we tune into an online seminar on iconic transit maps with historian Mark Ovenden on Tuesday, August 19th at 2:00. This seminar organized by the New York Transit Museum will cover 160 years of cartographic design from over fifty cities from around the world.

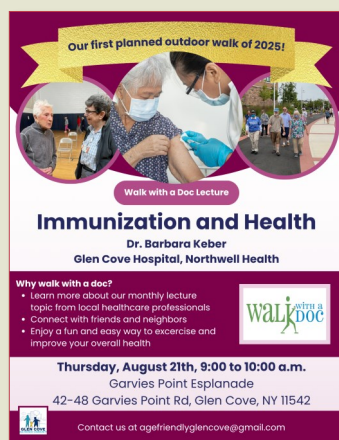
Go Green and Get Crafty

Join us for two recycling-based craft projects facilitated by the Senior Center's Summer Youth Volunteers. On Friday, August 5th at 10:30 am we are reprising by popular demand our bead making project. Use strips of rolled paper to make one-of-a-kind beads which can be fashioned into jewelry or trinkets. Make your own wearable art!

On Monday, August 4th, Summer Youth Volunteer Natalee W. will be leading a class on origami, or the Japanese art of making things out of folded paper. New to origami? No problem! All skill levels are welcome. Natalee will walk participants through the steps to fold a masterpiece.



Walk with a Doc



On August 21 at 9:00 am, Dr. Barbara Keber, Chair of Family Medicine at Glen Cove Hospital, will be delivering a lecture for National Immunization Awareness Month. An extreme heat advisory caused us to relocate our July Walk with a Doc indoors, but let's hope for better walking conditions this August 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, 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 for 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.

LUNCH MENU AUGUST 2025

FOR RESERVATIONS PLEASE CALL (516) 676-6182

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>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>		<p>1 <i>LENTIL SOUP*</i> VEGGIE BURGER RICE PILAF CARROTS ITALIAN BREAD <i>PUDDING*</i> OR HAM & CHEESE ON RYE W/ L&T & MUSTARD 3 BEAN SALAD</p>
<p>4 <i>SPLIT PEA SOUP*</i> GREEK SALAD PLATE W/ LETTUCE TOMATOES, FETA CHEESE, CUCUMBERS & GRILLED CHICKEN PASTA SALAD PITA BREAD <i>PEAR HALVES*</i> OR EGG SALAD ON WHEAT W/ L&T POTATO SALAD</p>	<p>5 <i>LENTIL SOUP*</i> STUFFED SHELLS W/ MARINARA SAUCE OVER SPINACH TOSSED SALAD ITALIAN BREAD <i>PUDDING*</i> OR CHICKEN SALAD IN TORTILLA W/ L & T TOSSED SALAD</p>	<p>6 <i>CREAM OF BROCCOLI SOUP*</i> CHICKEN PICCATA RICE PILAF GREEN BEANS RYE BREAD <i>JELLO*</i> OR TUNA SALAD ON RYE W/ L & T COLESLAW</p>	<p>7 <i>POTATO CHOWDER-SOUP*</i> SWEDISH MEATBALLS W/ GRAVY & NOODLES MIXED VEGETABLES ROLL <i>MIXED FRUIT*</i> OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO VEGGIE SALAD</p>	<p>8 <i>MINESTRONE SOUP*</i> BONELESS HAWAIIAN CHICKEN RICE PILAF BROCCOLI ITALIAN BREAD <i>PINEAPPLE CHUNKS*</i> OR SEAFOOD SALAD IN TORTILLA W/ L & T BEET SALAD</p>
<p>11 <i>CHICKEN NOODLE SOUP*</i> CHILI W/ BEEF & BEANS BROWN RICE BROCCOLI WHEAT BREAD <i>PUDDING*</i> OR HAM & CHEESE ON RYE W/ L&T & MUSTARD BROCCOLI SALAD</p>	<p>12 <i>LENTIL SOUP*</i> CHICKEN MARSALA RICE PILAF CARROTS ITALIAN BREAD <i>PEACH HALVES*</i> OR SEAFOOD SALAD IN TORTILLA W/ L & T CARROT, RAISIN SALAD</p>	<p>13 <i>VEGETABLE SOUP*</i> BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS ITALIAN BREAD <i>BANANA*</i> OR CHICKEN SALAD IN TORTILLA W/ L & T TOMATO & CUCUMBER SALAD</p>	<p>14 <i>TOMATO RICE SOUP*</i> JUMBO RAVIOLI W/ MEAT SAUCE MIXED VEGETABLES WHEATBREAD <i>JELLO*</i> OR TUNA SALAD ON RYE W/ L & T PEA SALAD</p>	<p>15 <i>WHITE BEAN SOUP*</i> SPAGHETTI AND MEATBALLS ITALIAN VEGETABLES ITALIAN BREAD <i>BIRTHDAY CAKE*</i> OR BREADED CHICKEN CUTLET WRAP POTATO SALAD</p>
<p>18 <i>POTATO CHOWDER SOUP*</i> MEATLOAF W/ GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD <i>JELLO*</i> OR CHICKEN CEASAR WRAP PEA SALAD</p>	<p>19 <i>VEGETABLE SOUP*</i> SAUSAGE & PEPPERS W/ MARINARA SAUCE ON A HERO ROASTED POTATOES BROCCOLI <i>BANANA*</i> OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO POTATO SALAD</p>	<p>20 <i>LENTIL SOUP*</i> CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE TOSSED SALAD ITALIAN BREAD <i>PUDDING*</i> OR SEAFOOD SALAD IN TORTILLA W/ L & T TOSSED SALAD</p>	<p>21 <i>SPLIT PEA SOUP*</i> LOIN OF PORK W/ GRAVY MASHED POTATOES BEETS WHEAT BREAD <i>APPLESAUCE*</i> OR CHICKEN SALAD IN TORTILLA W/ L & T BEET SALAD</p>	<p>22 <i>CHICKEN NOODLE SOUP*</i> STUFFED PEPPERS BROWN RICE BROCCOLI RYE BREAD <i>MIXED FRUIT*</i> OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD</p>
<p>25 <i>CREAM OF MUSROOM-SOUP*</i> CHICKEN FRANCAISE BROWN RICE GREEN BEANS ITALIAN BREAD <i>BANANA*</i> OR EGG SALAD ON WHEAT W/ L&T COLESLAW</p>	<p>26 <i>TOMATO RICE SOUP*</i> POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI RYE BREAD <i>WATERMELON*</i> OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD</p>	<p>27 <i>BEEF BARLEY SOUP*</i> BREADED CHICKEN CUTLET W/ GRAVY ROASTED POTATOES PEAS & CARROTS WHEAT BREAD <i>PEACH HALVES*</i> OR HAM & CHEESE ON RYE W/ L&T & MUSTARD PEA SALAD</p>	<p>28 <i>LENTIL SOUP*</i> STUFFED CHICKEN W/ SPINACH & CHEESE, YELLOW RICE ITALIAN VEGETABLES ITALIAN BREAD <i>PUDDING*</i> OR SEAFOOD SALAD IN TORTILLA W/ L & T CUCUMBER SALAD</p>	<p>29 <i>SPLIT PEA SOUP*</i> BAKED ZITI W/ EGGPLANT ROLLATINI TOSSED SALAD ITALIAN BREAD <i>JELLO</i> OR CHICKEN SALAD IN TORTILLA W/ L & T TOSSED SALAD</p>