



*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

GLEN COVE SAGE FOUNDATION

Come join us at our annual golf event! SAGE's largest fundraiser of the year is filled with friendly competition, generous prizes, and community spirit. End the night with dinner at the Metropolitan!



Fundraising with friends at the newly updated Glen Cove Golf Course

CONTACT INFORMATION

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Glen Cove, NY 11542
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glencoveseniorcenter.com

Please like us on Facebook:

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LETTER FROM THE EXECUTIVE DIRECTOR

Dear Readers,

I hope you have all enjoyed your summer, were able to bear the heat and made wonderful memories with your family and friends. This month is a very exciting and full month for all at the Center, as it is National Senior Center Month! Although everyday should be "senior center day", it is wonderful to focus on how important senior centers are for our senior population. Our Center, the largest center on Long Island, is a home away from home for many and we love you all!

Our annual SAGE golf outing, which normally takes place in June has been rescheduled for Monday, September 29th at the Glen Cove Golf Course followed by a wonderful dinner at the Metropolitan. For anyone who is interested in participating either by golfing, attending the dinner, donating a raffle basket, purchasing a sponsorship or giving a straight donation, the proceeds benefit our seniors with the wonderful programs and services that we provide. If interested in helping our center and seniors, please consider donating on any level by visiting our website at glencovesage.com.

The SAGE Foundation assists the Glen Cove Senior Center in its mission to pursue and provide the highest quality of programs and services for the seniors of Glen Cove and surrounding communities. Through SAGE's fundraising, grant writing, outreach and advocacy, they support the Center's ongoing efforts and new initiatives in addressing the physical, social and emotional needs of area senior citizens sixty years of age and older living anywhere in Nassau County. Donating to SAGE directly impacts our seniors and their needs.

In addition to our golf outing, our calendar is filled with fun and exciting activities. On Friday, September 5th at 12:00 pm, we have our Grandparents Day Celebration, sponsored by Parker Jewish Institute. If you would like to share a picture of you and your grandchildren, please forward your picture to Eric Shuman as soon as possible. On Friday, September 12th at 12:00 pm we will have our volunteer appreciation luncheon. Our seniors give their heart and souls in helping in any way they can, and we love to honor them. Our monthly Circle of Friends evening event will take place on Wednesday September 10th from 6:00 pm – 8:00 pm. Please make sure to stop in or call and reserve your spot! With sadness, we will be honoring those lost in 9/11 with a Remembrance Day on Thursday, September 11th at 12:00 pm.

If you have any questions regarding our golf outing, please don't hesitate to contact me at any time at the Center 516-759-9610. As always, if you know of any senior in need, please let them know that we are here to help in any way needed.

Have a wonderful September!

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!

SEPTEMBER HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

From the comfort of our Center!

9/15 at 1:30pm – **SEVILLE, SPAIN**

9/17 at 11:00am – **LJUBLJANA, SLOVENIA**

9/18 at 10:00am – **GALWAY, IRELAND**

Dive into the sights, sounds, flavors, and spirit of these beautiful places.

Ditch the airport hassle and let us bring the world you!

Comedian Barbee Jean (Sponsored By: Health First)

Wednesday, September 3rd at 1:00 p.m.

Get ready to laugh with the hilarious Barbee Jean! Known for her quick wit and energetic style, Barbee's World Comedy has been a hit across New York City, and now she's bringing the fun to our community. With her relatable humor and quirky stories about everyday life, her performance is sure to leave you smiling!

Golden Gallery Reception (Open to Everyone)

Thursday, September 4th from 1:00 p.m. – 2:00 p.m.

Our upcoming Golden Gallery Reception features stunning artwork from **Jim Rose**. We are so excited to share his incredible work. Join us for an afternoon of creativity, inspiration, and light refreshments

National Grandparents Day Celebration

Grandchildren are welcome ALL day!

Friday, September 5th ALL DAY

11:15 a.m. – FUN-DAY - Get ready for an experience full of surprises, teamwork, and plenty of smiles! Our games are designed to delight both our members and their grandchildren. Whether you're a master of brain teasers, card games, or interactive games, there's something for everyone.

12:00 p.m. – Lunch - While enjoying a delicious meal, guests will hear from special speakers who will share inspiring stories and reflections on the importance of grandparents in shaping lives and building lasting bonds

1:00 p.m. – Magic Show (Sponsored By: Parker Jewish Institute)

We're thrilled to welcome Georgie Porgie, the legendary magician from New York City. His spellbinding performance promises to dazzle and delight! Georgie brings a mix of classic illusions, interactive fun, and laugh-out-loud moments

2:00 p.m. – Free Bingo with Prizes

(Sponsored By: Glengariff Rehabilitation)

Join us for a fantastic afternoon of free bingo that's perfect for everyone – from kids to grandparents! This event promises plenty of laughs, friendly competition, and exciting prizes for all ages.

The "Other" Frank Performance

(Sponsored By: Care First Home Solutions)

Wednesday, September 10th at 1:00 p.m.

Experience the golden era of music with "Other" Frank, as he delivers a captivating live performance of iconic hits from legends like Frank Sinatra, Bing Crosby, and Dean Martin. This heartfelt tribute showcases the unforgettable melodies of the Rat Pack generation.

Rat Pack Party Band (Reservations Required)

Wednesday, September 10th from 6:00 p.m. – 8:00 p.m.

Join us for an unforgettable evening with the RAT PACK PARTY band! Enjoy high-energy performances and a glamorous tribute to the legends like Frank Sinatra and Dean Martin. Get ready to swing, sway, and have fun, all while savoring a delicious dinner. It's just \$10 and open to all ages, so bring your family and friends to celebrate music and community.

Volunteer Appreciation Luncheon

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

We're rolling out the red carpet for the true heroes of our community, our incredible volunteers! Join us for an afternoon of gratitude, laughter, and surprises as we honor the time and compassion they give to our community. Thank you for making a difference!

Broadway Nights Performance (Sponsored By: Health First)

Friday, September 12th at 1:15 p.m.

Join us for an unforgettable afternoon with Broadway Nights! This sensational duo, known for their powerful vocals and theatrical flair, will perform beloved Broadway classics and hits from the 60s-80s. Don't miss this dazzling show!

Polish Heritage Day (Sponsored By: Polish American Museum)

Monday, September 15th from 12:00 p.m. – 1:00 p.m.

Join us for a joyful afternoon celebrating Polish heritage! Enjoy delicious food, live music, festive decorations, and special guests that bring the rich Polish culture to life. Whether you're Polish by heritage or at heart, this is a celebration you won't want to miss!

Movie: Lives Well Lived

(Sponsored By: The Sinclair at Port Washington)

Wednesday, September 17th at 1:15 p.m.

Get inspired by the documentary "Lives Well Lived," directed by Sky Bergman. This heartwarming film features forty individuals aged 75 to 100 sharing their stories and reflections on living a meaningful life. With over 3,000 years of collective experience, they discuss love, loss, triumph, and perseverance. Through intimate interviews and storytelling, the film shows that aging is about growing wiser, not just older.

Talent Show

Friday, September 19th at 1:15 p.m.

Join us for an unforgettable afternoon as we celebrate the incredible talent of our members! From stunning vocals and captivating dance to heartfelt poetry and surprises, this show is all about creativity and joy. Whether you sing, dance, juggle, tell jokes, or have a hidden talent, this is your moment. All ages and experience levels are welcome!

Free Bingo with Prizes (Sponsored By: Glengariff Rehabilitation)

Friday, September 19th at 2:00 p.m.

Join us for a fun afternoon of free bingo! Enjoy laughs, friendly competition, and exciting prizes, whether you're a seasoned player or a beginner!

Dog Dancing & Tricks Show

(Sponsored By: House of The Woofers)

Tuesday, September 23rd at 1:15 p.m.

Join us for the Dog Show Extravaganza with the talented Diana Frohman! With years of experience, Diana is well-known for her exciting routines and strong bond with dogs. She has won many awards for her creative training and performances. Her shows offer skill, creativity, and joy, creating memorable moments for the audience. Whether you're a dog lover or just looking for a fun afternoon, this event promises heartwarming moments and lots of furry fun.

Spanish Heritage Day

Friday, September 26th from 12:00 p.m. – 1:00 p.m.

Join us for our vibrant Spanish Heritage Day Luncheon, celebrating the rich traditions and flavors of Spanish culture! Enjoy a delicious meal amidst festive decorations and joyful live music, with special guests adding to the celebration. This event promises a sensory feast and a beautiful tribute to Spanish heritage.

70's Era Celebration Luncheon

(Sponsored By: Benefits Concierge Group)

Tuesday, September 30th from 12:00 p.m. – 1:00 p.m.

Get ready to celebrate the 1970s with a groovy luncheon! Enjoy delicious food, live music from the funk and soul era, and special guests for a blast from the past. Channel your inner Donna Summer or John Travolta—come dressed in your favorite 70's style and groove the afternoon away!

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 is excited to see signs of early Fall in September! We had a memorable summer season in ADP, and we look forward to the transition of the weather, leaves changing color, and pumpkin spice everything! September was originally the seventh month of the year, which is why its name comes from the Latin word *septem*, meaning "seven." In September, we wish our Virgo and Libra friends happy birthdays! September is often associated with new beginnings, as the school year starts for children, and seasonal weather changes bring about a sense of renewal. Most notably, we celebrate Labor Day in September, and we will also recognize Grandparents Day, Constitution Day, International Day of Peace, Rosh Hashanah, the Autumnal Equinox, and Johnny Appleseed Day. ADP will be engaging in various activities that incorporate themes like Autumn, cider, leaves, back to school, occupations, blueberries, and indoor gardening.

ADP collaborates with many local organizations, agencies, and colleges to enhance our programming. We continue to have Music Therapy regularly 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 Horticulture Therapy program, which is brought to us this month by Lori Sherman. 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 are excited to continue our 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 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 Anna from the Arbors will join us this month to host a special craft activity. ADP will be taking a trip this month to the Nassau County Museum of Art in Roslyn for a *"Meet Me in the Galleries"* program. Our friend Steve Fratello, who is a naturalist, lepidopterist, and explorer, and who has spent nearly 1,000 days exploring rainforests, will present his rare collection of butterflies and moths this month. In addition, our friends from the Alley Pond Environmental Center will be bringing several live critters for us to see and learn about in a presentation called *"Animals Alive!"* 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 September date, 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 enjoyed a wonderful afternoon of horticultural therapy with Fred Elliman, organized by our friends from the Long Island Museum.



September 2025
Glen Cove Senior Center
130 Glen Street, Glen Cove, NY 11542
516-759-9610



MONDAY	TUESDAY	WEDNESDAY
 1 9:05 – Brain Booster Club 9:05 – Crocheting 8 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 11:00 – MUSIC JAM w/ Jeff 12:15 – OPEN SITE COUNCIL MEETING 1:00 – NUTRITION LECTURE 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 2 10:15 – WALKING CLUB 11:00 – Trivia 11:00 – MUSIC WITH MICHELLE 11:00 – Total Body Fitness w/ Marvin 11:00 – Bereavement Group with COMHPS 11:00-2:00 – Manicures w/ Ursula 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Bingo, Canasta, Mahjong, & Bridge EAST END TRIP 9 10:00 – Painting & Drawing w/ Chuck 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 – Canasta, Mahjong & Bridge 1:00 – Bingo & Ping Pong RIVERHEAD AQUARIUM TRIP 16 10:00 – Painting & Drawing w/ Chuck 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00 – Bereavement Group with COMHPS 11:00-2:00 – Manicures w/ Ursula 1:00 – Yoga & Pilates w/ Karen 1:15 – MOCKTAIL & MINGLE Sponsored By: SUNRISE OF GLEN COVE 2:00 – Bingo & Ping Pong	9:05 – Seniorobics w/ F 9:05 – Crocheting w/ F 10:00-12:00 – ST. FRANK 10:15 – Stretching & Str 1:00 – Bridge, Canasta, 1:00 – COMEDIAN BAR Sponsored By: H 1:15 – Chair Yoga, Toni 2:00 – Bingo 9:05 – Seniorobics w/ F 10:15 – Stretching & Str 1:00 – THE “OTHER FR Sponsored By: CARE F 1:00 – Canasta, Mahjon 1:15 – Chair Yoga, Toni 2:00 – Bingo 6:00 – 8:00 – RAT PAC DINNER INCLUDED - R 9:05 – Seniorobics w/ F 9:05 – Crocheting w/ F 10:00 – 12:00 – TECH AS 10:15 – Stretching & Str 11:00 – INTERACTIVE LI 1:15 – Chair Yoga, Toni 1:15 – MOVIE: “LIVES Sponsored By: T ITALIAN AMERIC 9:05 – Seniorobics w/ F 10:15 – Stretching & Str 11:00 – Rummikub Club 1:00 – Canasta, Mahjon 1:00 – SOCIAL CLUB 1:15 – Chair Yoga, Toni 2:00 – Bingo MARK YO 9/3 – COMEDIAN BA 9/5 – GRANDPAREN 9/10 – THE “OTHER” 9/12 – BROADWAY N 9/15 – POLISH HERIT 9/17 – MOVIE: LIVES 9/19 – TALENT SHOW 9/23 – DOG DANCING 9/26 – SPANISH HERI 9/30 – 70’S ERA CELE
SAGE FOUNDATION GOLF CLASSIC 29 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:15 – GARDEN CLUB 1:00 – KEEP YOUR MIND SHARP LECTURE 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 30 11:00 – Total Body Fitness w/ Marvin 11:00 – Bereavement Group with COMHPS 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 1:00 – Yoga & Pilates w/ Karen 12:00 – 70’S ERA CELEBRATION Sponsored By: BENEFITS CONCIERGE GROUP 1:00 – BOOSTING YOUR IMMUNE SYSTEM 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo & Ping Pong	



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

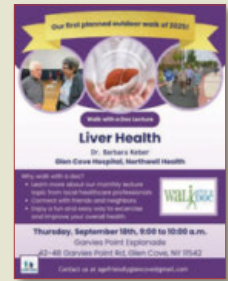
WEDNESDAY	THURSDAY	FRIDAY
Fran 3 Friends CIS OUTREACH BUS Length Training w/ Nick & Mahjong ARBEE JEAN HEALTH FIRST ng, & Balance w/ Nilo	10:15 – Card & Board Games 4 10:30 – Exercise w/ YMCA 10:30 – CC Board Meeting 11:15 – DRUM CIRCLE 11:00-2:00 – Manicures w/ Ursula 1:00 – GOLDEN GALLERY RECEPTION 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club 3:00 – 4:00 – PICKLEBALL ALL LEVELS PLAY	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 5 11:00 – BOOK CLUB 11:15 – FUN-DAY 11:00 – Stretching & Meditation w/ Nick 12:00 – GRANDPARENTS DAY CELEBRATION 1:00 – MAGIC SHOW w/ Georgie Porgie Sponsored By: PARKER JEWISH INSTITUTE 1:15 – Line Dancing 2:00 – FREE BINGO w/ GLENGARIFF REHAB 2:30 – Tai Chi w/ Spencer
Fran 9:05 – Crocheting 10 Length Training w/ Nick ANK” PERFORMANCE FIRST HOME SOLUTIONS ng, & Bridge ng, & Balance w/ Nilo	9:05 – Brain Booster Club 11 10:15 – Card & Board Games 10:30 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:00 – American Legion Meeting 12:00 – 9/11 REMEMBRANCE DAY 1:00 – LILA 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 12 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 10:00-11:30 – SEWING CLUB w/ Stephanie 12:00 – VOLUNTEER APPRECIATION LUNCHEON 1:15 – BROADWAY NIGHTS PERFORMANCE Sponsored By: HEALTH FIRST 1:00 – Canasta 1:15 – Line Dancing 2:15 – Bingo 2:30 – Tai Chi w/ Spencer
Fran 17 Friends SSISTANCE w/ Smart Van Length Training w/ Nick VE TOUR: SLOVENIA ng, & Balance w/ Nilo WELL LIVED” THE SINCLAIR AT PORT WASHINGTON	9:00 – WALK WITH A DOC – Garvies Point 18 9:30 – 12:00 – SNAP By Appointment 10:00 – INTERACTIVE LIVE TOUR: IRELAND 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	9:05 – 12:00 HEALTH ASSESSMENTS 19 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:45 – SEPTEMBER BIRTHDAY’S CELEBRATION 1:15 – TALENT SHOW 1:15 – Line Dancing 2:00 – FREE BINGO WITH PRIZES Sponsored By: GLENGARIFF REHABILITATION 2:30 – Tai Chi w/ Spencer
CAN MUSEUM TRIP 24 Fran 9:05 – Crocheting Length Training w/ Nick ng & Bridge ng, & Balance w/ Nilo	10:15 – Card & Board Games 25 10:30 – Exercise w/ YMCA 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:00 – MEDICATION MANAGEMENT LECTURE 1:15 – Food Shopping 2:00 – Billiards Club 3:00 – 4:00 – PICKLEBALL ALL LEVELS PLAY	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 26 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Rummikub Club 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 12:00 – SPANISH HERITAGE DAY 1:00 – Line Dancing 1:00 – Bingo & Canasta 1:15 – PAINT PARTY w/ Alicia 2:30 – Tai Chi w/ Spencer
UR CALENDARS: ARBEE JEAN TS DAY W/ MAGIC FRANK PERFORMANCE NIGHTS PERFORMANCE AGE DAY WELL LIVED / G & TRICKS SHOW TAGE DAY BRATION	CIRCLE OF FRIENDS PRESENTS: RAT PACK PARTY SEPTEMBER 10TH 6:00PM – 8:00PM Dinner & Show just \$10! Open to EVERYONE of ALL ages	SEPTEMBER IS NATIONAL SENIOR CENTER MONTH We’re celebrating all month long with a packed schedule of incredible events and programs designed for our amazing members. Thank you for your continued support and for helping make our Center such a special place!

AGE-FRIENDLY ACTIVITIES

Walking and Learning Together!

On Thursday, September 18th at 9:00 am, Dr. Barbara Keber, Chair of Family Medicine at Glen Cove Hospital, will be delivering a lecture on the largest internal organ in the body: the liver! 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.



On the Move with Public Transit

On August 25th, a group of members of the Glen Cove Senior Center ventured on a Long Island Rail Road trip into Grand Central Terminal Madison, the latest expansion of the historic train station. This trip was part of Age-Friendly Glen Cove's Ready to Ride Campaign which aims to (re)introduce older adult community members to public transportation in our region. This campaign is funded by a 2025 AARP Community Challenge Flagship Grant Award. Thanks to this support, Age-Friendly Glen Cove is able to offer transit workshops and transit-based experiential learning trips at no cost for participants. Check out these pictures of our group meeting with the MTA Accessibility Team and taking a tour with the Municipal Arts Society.



Interested in our next transit trip? On October 2nd we are taking the LIRR and AirTrain monorail to the TWA Hotel, a luxury hotel conversion of the iconic TWA Flight 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.

GLEN COVE SAGE FOUNDATION FUNDRAISER

Tee off for the Glen Cove Senior Center & Adult Day Program

Our major and most enjoyable fundraiser is our annual golf event, which will be held on Monday, September 29, 2025. This event promises a full day of fun, prizes, meals, and golf at Glen Cove's beautiful waterfront updated golf course. Registration and breakfast will begin at 10:30 a.m., with tee-off scheduled for 12 p.m. A box lunch and beverages will be provided.

After the golf tournament, please join us for cocktails, music, raffles, and a fabulous dinner at "The Metropolitan" in Glen Cove. This year, we will be honoring Dr. Peter Kurzweil, who has recently retired after serving the Glen Cove community for 45 years, and Irma Jeanty, Program Director of Glen Cove EOC.

Double Eagle Sponsor - \$2,500

*Includes foursome, & dinner for 8,
plus tee sign & pin flag, full page digital journal ad.*

Eagle Sponsor - \$2,000

*Includes foursome & dinner for 6,
plus tee sign & pin flag, full page digital journal ad.*

Platinum Sponsor - \$1,500

*Includes foursome & dinner for 4,
plus tee sign & centerpiece pin flag.*

Gold Sponsor - \$1,000

*Includes golf & dinner for 2,
plus tee sign & centerpiece pin flag.*

Silver Sponsor - \$500

Includes dinner for 2 & centerpiece pin flag

Golf Car Sponsors

Logo on every cart, 4 available

Tee Sign Sponsors

Putting Green - \$350 • Pin Flag - \$200 • Tee Sign - \$125

Dinner Table Sponsor - \$150

Includes centerpiece pin flag and digital journal ad.

Digital Journal Ads

Full Page - \$100 • Half Page - \$75

Please submit ads to:

***crice@glencoveny.gov; by September 15th
For further information***

please call the SAGE Foundation at: 516-759-9610

Or call:

Liz Luciano 516-641-4420 or Jean-Marie Stalzer 516-509-7564

*Note: In the event that the course is closed due to weather and course conditions, the dinner will be held as planned.
Each player will be entitled to a round of golf Tues. -Thurs. after 11 a.m., subject to availability. For reservations call John Grella at 516-676-0550.*



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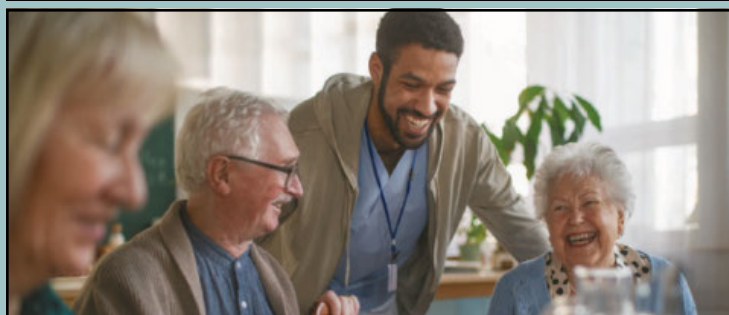
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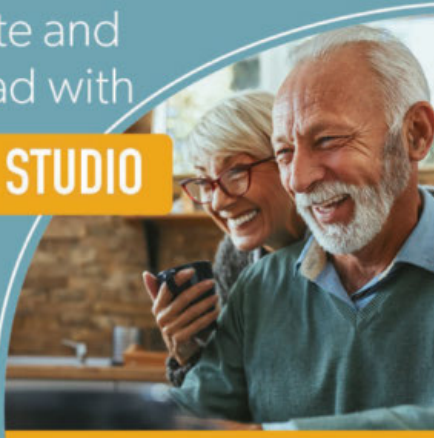
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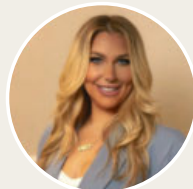
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LUNCH MENU SEPTEMBER 2025

FOR RESERVATIONS PLEASE CALL (516) 676-6182

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR 	2 MINESTRONE SOUP* STUFFED SHELLS W/ MARINARA SAUCE ITALIN VEGETABLES TOSSED SALAD ITALIAN BREAD FRUIT CUP* OR CHICKEN SALAD IN TORTILLA W/ L & T POTATO SALAD	3 LENTIL SOUP* BEEF TACOS W/ CHEESE LETTUCE, & TOMATOES ON A TORTILLA RICE & BEANS BANANA* OR TUNA SALAD ON RYE W/ L & T TOMATO & CUCUMBER SALAD	4 TOMATO RICE SOUP* CHICKEN PARMIGIANA W/ MARINARA SAUCE PASTA W/ SAUCE ITALIAN BREAD PUDDING* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD PASTA SALAD	5 POTATO CHOWDER SOUP* MEATLOAF W/ GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD JELLO* OR SEAFOOD SALAD IN A TORTILLA W/ L & T PEA SALAD
8 WHITE BEAN SOUP* SPAGHETTI AND MEATBALLS ITALIAN VEGETABLES RYE BREAD JELLO* OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO CUCUMBER SALAD	9 CREAM OF BROCCOLI SOUP* CHICKEN PICCATA RICE PILAF GREEN BEANS ITALIAN BREAD BANANA* OR SEAFOOD SALAD IN A TORTILLA W/ L & T GREEN BEAN SALAD	10 CHICKEN NOODLE SOUP* CHILI W/ BEEF & BEANS BROWN RICE TOSSED SALAD WHEAT BREAD FRUIT CUP* OR CHICKEN SALAD IN A TORTILLA W/ L & T TOSSED SALAD	11 VEGETABLE SOUP* OPEN FACE ROAST TURKEY ON RYE W/ MASHED SWEET POTATOES BROCCOLI PEAR HALVES* OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD	12 BUTTERNUT SQUASH SOUP* BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS WHEAT BREAD PUDDING* OR BREADED CHICKEN CUTLET WRAP PEA SALAD
15 LENTIL SOUP* KIELBASA W/ SAUER- KRAUT, RED POTATOES MIXED VEGETABLES WHEAT BREAD BANANA* OR CHICKEN CAESAR WRAP RED POTATO SALAD	16 TOMATO RICE SOUP* JUMBO RAVIOLI W/ MEAT SAUCE BROCCOLI RYE BREAD PUDDING* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD BROCCOLI SALAD	17 CREAM OF MUSHROOM- SOUP* HAMBURGER ON A BUN W/ L&T, KETCHUP, FRENCH FRIES COLESLAW PEACH HALVES* OR SEAFOOD SALAD IN A TORTILLA W/ L & T COLESLAW	18 POTATO CHOWDER- SOUP* SWEDISH MEATBALLS W/ GRAVY & NOODLES GREEN BEANS WHEAT BREAD JELLO* OR CHICKEN SALAD IN TORTILLA W/ L & T GREEN BEAN SALAD	19 MINESTRONE SOUP* CHICKEN MARSALA RICE PILAF CARROTS ITALIAN BREAD BIRTHDAY CAKE* OR TUNA SALAD ON RYE W/ L & T CARROT RASIN SALAD
22 SPLIT PEA SOUP* LOIN OF PORK W/ GRAVY MASHED POTATOES BEETS WHEAT BREAD APPLESAUCE* OR CHICKEN SALAD IN TORTILLA W/ L & T BEET SALAD	23 BEEF BARLEY SOUP* BREADED CHICKEN CUTLET W/ GRAVY ROASTED POTATOES PEAS & CARROTS RYE BREAD PEACH HALVES* OR TUNA SALAD ON RYE W/ L & T PEA SALAD	24 CHICKEN NOODLE SOUP* VEGGIE BURGER ON A BUN W/ L&T, KETCHUP, FRENCH FRIES COLESLAW PUDDING* OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO COLESLAW	25 TOMATO RICE SOUP* POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI WHEAT BREAD BANANA* OR SEAFOOD SALAD IN A TORTILLA W/ L & T BROCCOLI SALAD	26 LENTIL SOUP* CHICKEN FAJITASW/ PEPPERS & ONIONS MEXICAN RICE & BEANS TOSSED SALAD ICE CREAM* OR EGG SALAD ON WHEAT W/ L & T TOSSED SALAD
29 CREAM OF MUSROOM- SOUP* CHICKEN FRANCAISE BROWN RICE GREEN BEANS WHEAT BREAD PUDDING* OR EGG SALAD ON WHEAT W/ L& T 3 BEAN SALAD	30 LENTIL SOUP* BAKED ZITI W/ EGGPLANT ROLLATINI BROCCOLI ITALIAN BREAD JELLO* OR CHICKEN SALAD IN TORTILLA W/ L & T BROCCOLI SALAD		* SOUP & DESSERT COMES WITH BOTH MEALS FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL (516) 676-6182	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