



October 2025
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
<u>MARK YOUR CALENDARS:</u> 10/2 – YOM KIPPUR OBSERVANCE 10/8 – BANJO RASCALS OKTOBERFEST 10/14 – MOCKTAIL & MINGLE 10/17 – OCTOBER BIRTHDAYS 10/20 – GERMAN HERITAGE DAY 10/21 – AARP DEFENSIVE DRIVING COURSE 10/23 – ITALIAN HERITAGE DAY 10/28 – SOCIAL CLUB DANCE PARTY 10/31 – HALLOWEEN COSTUME & BINGO	<u>SENIOR DAY FESTIVAL</u> AT THE GLEN COVE SENIOR CENTER Saturday, October 18th 11:30am – 2:00pm Join us for a day filled with fun activities, music, food, dancing, and great company!	<u>SISTER ACT TRIP</u> 1 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 11:00 – GUIDED EXERCISE WITH ENHANCE 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Bridge, Canasta, & Mahjong 1:00 – MEDICARE & MEDICAID REVIEW 1:15 – Chair Yoga, Toning, & Balance w/ Nilo 2:00 – Bingo	<u>TWA TRIP AGE FRIENDLY</u> 2 10:30 – CC Board Meeting 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 12:00 – YOM KIPPUR OBSERVANCE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran 3 9:05 – Crocheting w/ Friends 10:30 – SITE COUNCIL MEETING 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 1:00 – PHONE PHOTOGRAPHY CLASS 1:00-3:00 – ENHANCE HOSPITAL NURSE VISIT 1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club 6 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 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 7 10:00-12:00 – MOLLOY COMMUNITY CARE CLINIC 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 1:00 – SUCCESSFUL AGING LECTURE 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Ping Pong	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 8 10:15 – Stretching & Strength Training w/ Nick 10:30 – IAC MEETING 11:00 – Rummikub Club 1:00 – BANJO RASCALS OKTOBERFEST SHOW Sponsored By: SILVER LINING HOME CARE 1:00 – Canasta, Mahjong, & Bridge 1:15 – Chair Yoga, Toning, & Balance w/ Nilo 2:00 – Bingo	<u>THE GREAT GATSBY BROADWAY TRIP</u> 9 9:05 – Brain Booster Club 10:15 – Card & Board Games 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:00 – American Legion Meeting 1:00 – COINS & STAMPS PRESENTATION 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	<u>OKTOBERFEST TRIP</u> 10 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:00-11:30 – SEWING CLUB w/ Stephanie 10:30 – PEDESTRIAN SAFETY WALK Age Friendly 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo 1:00 – Canasta 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
 13	10:00 – Painting & Drawing w/ Chuck 14 11:00 – MATH IS LOVE LECTURE 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 11:00 – Bereavement Group with COMHPS 1:15 – MOCKTAIL & MINGLE Sponsored By: SUNRISE OF GLEN COVE 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Canasta, Mahjong & Bridge 2:00 – Bingo	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 15 10:00 – 12:00 – TECH ASSISTANCE w/ Smart Van 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 11:00 – INTERACTIVE LIVE TOUR: IRELAND 1:00 – SHOPPING GUIDANCE LECTURE 1:00 – Canasta, Mahjong, & Bridge 1:15 – Chair Yoga, Toning, & Balance w/ Nilo 2:00 – Bingo	9:00 – WALK WITH A DOC – Garvies Point 16 9:30 – 12:00 – SNAP By Appointment 10:00 – INTERACTIVE LIVE TOUR: ITALY 10:30 – CC Board Meeting 11:00 – Exercise w/ YMCA 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 TOURNAMENT DAY 1	9:05 – 12:00 HEALTH ASSESSMENTS 17 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 11:00 – PHONE PHOTOGRAPHY CLASS 12:45 – OCTOBER BIRTHDAY'S CELEBRATION 1:15 – SCAM PREVENTION LECTURE 1:15 – Canasta 1:15 – Line Dancing 2:00 – Bingo 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club 20 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 12:00 – GERMAN HERITAGE DAY 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:00 – MEDICARE & MEDICAID UPDATES 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	9:30-4:30 – AARP DEFENSIVE DRIVING COURSE 21 10:00 – Painting & Drawing w/ Chuck 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 – Canasta, Mahjong & Bridge 1:00 – Ping Pong 1:00 – FREE BINGO w/ GLENGARIFF REHAB	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 22 10:15 – Stretching & Strength Training w/ Nick 10:30 – RECYCLING CRAFT CLUB w/ Age Friendly 1:00 – Canasta, Mahjong & Bridge 1:00 – MEDICARE 101 LECTURE Age Friendly 1:15 – Chair Yoga, Toning, & Balance w/ Nilo 2:00 – Bingo 6:00 – 8:00 – MIDNIGHT CRISIS BAND \$10 DINNER INCLUDED - RESERVATIONS REQUIRED	10:00 – 2:00 – TECH ASSISTANCE Smart Van 23 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:00 – INTERACTIVE LIVE TOUR: BRAZIL 12:00 – ITALIAN HERITAGE DAY Sponsored By: LOGGIA OF GLEN COVE 1:00 – Canasta & Mahjong 1:00 – LILA 1:15 – Food Shopping 2:00 – Billiards Club 3:00 – 4:00 – PICKLEBALL TOURNAMENT DAY 2	9:05 – Seniorobics w/ Fran 24 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 – Line Dancing 1:15 – PAINT PARTY w/ Alicia 2:30 – Tai Chi w/ Spencer
9:05 – Crocheting w/ Friends 27 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 – AGING IN PLACE LECTURE 1:00-3:00 – ENHANCE GC HOSPITAL NURSE VISIT 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 28 10:45 – VIDEO SERIES 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – Bereavement Group with COMHPS 11:00 – Total Body Fitness w/ Marvin 1:00 – Yoga & Pilates w/ Karen 1:00 – SOCIAL CLUB: SING ALONG DANCE PARTY 2:00 – FREE BINGO w/ GLENGARIFF REHAB 2:15 – Ping Pong	9:05 – Seniorobics w/ Fran 29 9:05 – Crocheting w/ Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 11:00 – MUSIC WITH MICHELLE 1:00 – FIRE PREVENTION LECTURE 1:00 – Bridge, Canasta, & Mahjong 1:15 – Chair Yoga, Toning, & Balance w/ Nilo 2:00 – Bingo	10:15 – Card & Board Games 30 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – MOVIE 1:00 – Canasta 1:00 – Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran 31 9:05 – Crocheting w/ Friends 11:00 – Stretching & Meditation w/ Nick 12:00 – HALLOWEEN LUNCHEON 12:45 – HALLOWEEN COSTUME CONTEST 1:15 – Canasta 1:15 – Line Dancing 1:15 – FREE BINGO WIN BIG PRIZES! 2:30 – Tai Chi w/ Spencer