



*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



The annual SAGE Foundation golf outing fundraiser was a fantastic event where everyone—from enthusiastic volunteers to our esteemed honorees—enjoyed a memorable day filled with camaraderie and fun!

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
dgeliashvili@glencoveny.gov

Martha Benitez
Kitchen Supervisor
mbenitez@glencoveny.gov

Jill Bozzella
Administrative Assistant
jbozzella@glencoveny.gov

Linda McConville
Administrative Assistant
lmcconville@glencoveny.gov

Lisa Belinsky
Lunch Reservation Coordinator
lbelinsky@glencoveny.gov

LETTER FROM THE EXECUTIVE DIRECTOR

Dear Readers,

Well, September proved to be a very productive month with so many new activities and celebrations. It did not disappoint! Thank you, Eric Shuman for filling our senior's days with such fun and exciting activities, celebrations and presentations!

In addition to our calendar of activities, our annual SAGE Foundation golf outing took place on Monday, September 29th and what a fabulous success it was! Words cannot express how grateful we are to the SAGE Foundation, for their continued financial support and dedication which allows us to provide the best quality programming and services to our senior members. Each and every member of the Board puts the heart and soul into our senior center's success. 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 senior citizens of Glen Cove and surrounding communities.

The day started with perfect weather for the golfers to enjoy the newly updated Glen Cove Golf Course. The evening portion at the Metropolitan was a full house with two hundred guests enjoying the beautiful music of Gail Storm, over 40 raffles to choose from (all wrapped with love by our center member Grace Amendolara and her daughter-in-law Angela Amendolara), a delicious meal and lots of love and laughter. Our two honorees this year were Dr. Peter Kurzweil, M.D. who recently retired after providing medical care to so many in our community and other surrounding areas and Irma Jeanty, Program Director of the EOC who provides leadership and dedication to the Youth Program within Glen Cove. Both honorees have served our Glen Cove community and surrounding areas for many years. Their dedication is to be admired, and we were so grateful that they accepted our invitation to be honored this year. We thank them for their participation in our annual golf outing and supporting our wonderful senior center.

In addition, there are so many more to thank. To our amazing golf committee, you all never cease to amaze by putting so much of your valuable time and financial generosity into making this event so successful. To my wonderful staff, thank you for always putting your heart and soul into everything you do for our seniors! Our volunteers, we could never do all of this without you, especially our senior members who help that day and spread their love to all. To Sunrise of Glen Cove who generously sponsored breakfast for our golfers and others and to Emerge Nursing and Rehabilitation at Glen Cove and Glen Cove Center for Rehabilitation for sponsoring the photography for this wonderful event. And to all our additional sponsors, donors, golfers and attendees, we thank you from the bottom of our hearts!

Our center is growing and thriving every day and we love the family that is created within our center!

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!

OCTOBER HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

From the comfort of our Center!

10/15 at 11:00a.m. – **ENNISTYMON, IRELAND**

10/16 at 10:00a.m. – **ASSISI, ITALY**

10/23 at 11:00a.m. – **BAHIA, BRAZIL**

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

Phone Photography Class (Free)

Friday, October 3rd at 1:00 p.m. & Friday October 17th at 11:00 a.m.

Join professional photographer Roni Chastain for a hands-on photography class that will unlock the potential of your smartphone camera. Learn to use filters, explore camera modes, master lighting, and edit your photos with cropping and retouching techniques. Whether capturing everyday moments or artistic shots, this class will help you make the most of the creative studio in your pocket—no fancy equipment needed!

Banjo Rascals Oktoberfest Show

Sponsored By: Silver Lining Home Care

Wednesday, October 8th at 1:00 p.m.

Get ready for toe-tapping tunes and festive fun as the Banjo Rascals return for another unforgettable Oktoberfest performance! With their high-energy shows and traditional German music, this talented group never disappoints. Their lively banjo-led sound and colorful costumes create a celebration that invites you to clap, sing, and dance. Don't miss this spirited event – it's sure to lift your mood and get you in the Oktoberfest spirit!

Math is Love Lecture

Tuesday, October 14th at 11:00 a.m.

Back by popular demand! Frank DeMita returns for his 10th lecture at the Glen Cove Senior Center with Math Is Love – a dynamic and entertaining exploration of the beauty behind numbers. Frank has a remarkable gift for making math not only understandable, but genuinely fun and exciting. Whether you're a lifelong math enthusiast or someone who hasn't touched a calculator in years, you'll leave this lecture with a fresh appreciation for how math shapes our world.

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

Tuesday, October 14th 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!

Pickleball Tournament (2 Days)

Thursday, October 16th and

Thursday, October 23rd from 3:00 p.m. – 4:15 p.m.

Our Pickleball Club members are gearing up for a fun and competitive tournament with a unique twist! Instead of traditional team brackets, this format tracks each individual's points across multiple games. At the end of the tournament, scores will be tallied to determine our top two players. It's a great way to showcase individual skill, strategy, and consistency – while still enjoying the camaraderie of group play, as participants will rotate through numerous partners. Whether you're competing or cheering from the sidelines, come be part of the excitement and celebrate our club's love for the game!

Scam Prevention Lecture with the FBI & GCPD

Friday, October 17th at 1:15 p.m.

Join us for an informative lecture on scam prevention by the FBI and Glen Cove Police Department. Learn how scammers target seniors, the common types of fraud, and practical steps to stay safe. This session will equip you to recognize red flags, avoid risks, and report suspicious activity. Don't miss this chance to get expert advice in a

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.

supportive community setting. Staying informed is the first step to staying protected!

Senior Day Festival

Saturday, October 18th from 11:30am – 2:00 p.m.

Join us for our annual Senior Day Festival, a fun-filled celebration for the whole family! Enjoy music with a live DJ, dancing, a photobooth, giveaways, raffles, lunch, and refreshments. We'll honor special guests and celebrate our incredible community members. Don't miss this exciting event!

German Heritage Day

Monday, October 20th from 12:00 – 1:00 p.m.

Celebrate the rich traditions of Germany at our annual German Heritage Day Luncheon! Enjoy a delicious authentic German lunch while soaking in the sounds of live German music that will have you tapping your toes. Special guests will join us and we'll feature captivating videos that highlight the beauty, history, and culture of Germany. It's going to be a joyful afternoon filled with flavor, music, and heritage – come raise a glass and join the celebration!

AARP Defensive Driving Course

Tuesday, October 21st from 9:30 a.m. – 4:30 p.m.

Enhance your driving skills and save money with our AARP Defensive Driving Class! Open to everyone, the fee is \$25 for AARP members and \$30 for non-members. Learn safe driving techniques and current road rules, and possibly lower your auto insurance premiums and remove points from your license. Spaces are limited, so sign up ASAP!

Free Bingo with Prizes *Sponsored By: Glengariff Rehabilitation*

Tuesday, October 21st at 1:00 p.m. &

Tuesday, October 28th 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!

Midnight Crisis Band *Reservations Required*

Wednesday, October 22nd from 6:00 p.m. – 8:00 p.m.

Join us for the final Circle of Friends event of the season! Enjoy great music from the band Midnight Crisis, featuring hits of the 60s and 70s, along with a full dinner for just \$10. This event is open to everyone of all ages, so bring your friends and family for a night of fun and dancing!

Italian Heritage Day *Sponsored By: Loggia of Glen Cove*

Thursday, October 23rd from 12:00 p.m. – 1:00 p.m.

Join us for our Italian Heritage Day Luncheon, celebrating Italy's rich culture! Enjoy a delicious meal accompanied by live Italian music, special guest stories, and videos showcasing Italy's history and beauty. It'll be an afternoon of flavor, music, and tradition – come honor Italian heritage with us!

Social Club Sing Along Dance Party

Tuesday, October 28th at 1:00 p.m.

Join us for an exciting Sing-Along Dance Party! Enjoy hits from the 50s to the 80s with our talented entertainer, who will take your requests. This is a great chance to meet fellow members, make new friends, and have fun in a lively atmosphere. Open to ALL members—come celebrate and let the good times roll!

Halloween Costume Contest

Friday, October 31st at 12:45 p.m.

Get ready to show off your spooky, silly, or sensational style at our Halloween Costume Contest! All participants will receive goodie bags filled with treats, and our top three winners will take home exciting prizes for their standout costumes. Whether you go classic, creative, or downright creepy, this is your chance to shine. Come join the fun, celebrate the season, and let your costume do the talking!

OCTOBER HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

Autumn greetings from The Glen Cove Adult Day Program! The Fall season allows us to enjoy apples, pumpkins, and other treats in our cozy environment. We wish all our Libra and Scorpio friends Happy Birthdays this month! The month of October is one of transformation, as the vibrant colors of the leaves and the crisp air usher in the upcoming celebrations of the next few months. There are several notable observances this month, including Indigenous Peoples' Day/Columbus Day, Rosh Hashanah, Yom Kippur, Diwali, German-American Heritage Month (with Oktoberfest!), and National Apple Month. October is synonymous with Halloween, so in addition to many special fall crafts and activities, we will be having our annual in-house costume party and live music performance! We also look forward to an Oktoberfest performance and celebration. The Adult Day Program will enjoy a variety of fun Fall activities this month!

ADP collaborates with many local organizations, agencies, and colleges to enhance our programming. We have Music Therapy this month 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 look forward to our new Occupational Therapy group activity, which is led by an Occupational Therapist from Metro Physical and Aquatic Therapy, and is called "Fine Motor and Muscle Memory Activities with Kayla." We will benefit from this group activity until the end of the year. We will enjoy another session of the film reminiscence program brought to us by Marcy Rhodes titled "Memories at the Movies." ADP loves hosting college interns for intergenerational learning, and we are excited to welcome our newest set of nursing students from the New York Institute of Technology! Our participants enjoy lively conversations and activities with the students. 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 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. We are excited to continue our monthly socialization 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. 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. We will also be taking a trip to the Long Island Museum in Stony Brook for a new program titled "Memory Disco." The Glen Cove Adult Day Program offers a variety of programming to create a stimulating and entertaining environment for older adults.

The Adult Day Program will be celebrating Senior Recognition Day with the Glen Cove community by joining in the festivities taking place at the Glen Cove Senior Center on Saturday, October 18th! There will be food and other fun activities, and the incredible seniors in our community will be acknowledged. The Adult Day Program will have a small craft sale next to our "Trash and Treasures" thrift sale table on Senior Day, and we will feature candles, soaps, and some crafts handmade by the participants of our program! In addition, the Adult Day Program will have a booth at the annual Sea Cliff Mini Mart on Sunday, October 5th. Baskets will be raffled to benefit the center, and everyone enjoys the various vendors, food, and live music!

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 October date, and to let her know if you plan on attending this intimate and comfortable group where you can feel safe to share.

Looking forward to seeing you soon!

-Amanda, Melanie,
and the entire team in ADP

*A vibrant gathering
Butterflies, blooming flowers, and a wonderful
sense of community and friendship!*





October 2025

Glen Cove Senior Center

130 Glen Street, Glen Cove, NY 11542

516-759-9610

MONDAY	TUESDAY	WEDNESDAY
<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!	SISTER 9:05 – Seniorobics w/ / 11:00 – GUIDED EXERCISE 10:15 – Stretching & Str 11:00 – Rummikub Club 1:00 – Bridge, Canasta 1:00 – MEDICARE & M 1:15 – Chair Yoga, Ton 2:00 – Bingo
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/ / 10:15 – Stretching & Str 10:30 – IAC MEETING 11:00 – Rummikub Club 1:00 – BANJO RASCALS Sponsored By: SILV 1:00 – Canasta, Mahjo 1:15 – Chair Yoga, Ton 2:00 – Bingo
 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/ / 10:00 – 12:00 – TECH A 10:15 – Stretching & Str 11:00 – Rummikub Club 11:00 – INTERACTIVE LI 1:00 – SHOPPING GUI 1:00 – Canasta, Mahjo 1:15 – Chair Yoga, Ton 2:00 – Bingo
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/ / 10:15 – Stretching & Str 10:30 – RECYCLING CRA 1:00 – Canasta, Mahjo 1:00 – MEDICARE 101 1:15 – Chair Yoga, Ton 2:00 – Bingo 6:00 – 8:00 – MIDNIGH DINNER INCLUDED - R
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/ / 9:05 – Crocheting w/ F 10:15 – Stretching & Str 11:00 – Rummikub Club 11:00 – MUSIC WITH M 1:00 – FIRE PREVENTIC 1:00 – Bridge, Canasta 1:15 – Chair Yoga, Ton 2:00 – Bingo



Nassau County Office for the Aging

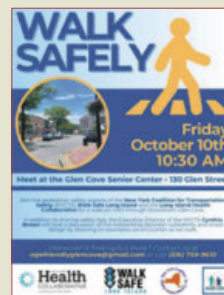
This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging, the U. S. Administration on Aging and the City of Glen Cove

WEDNESDAY	THURSDAY	FRIDAY
ACT TRIP 1 Fran 9:05 – Crocheting SE WITH ENHANCE Strength Training w/ Nick & Mahjong MEDICAID REVIEW ing, & Balance w/ Nilo	TWA TRIP AGE FRIENDLY 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
Fran 9:05 – Crocheting 8 Strength Training w/ Nick S OKTOBERFEST SHOW VER LINING HOME CARE ing, & Bridge ing, & Balance w/ Nilo	THE GREAT GATSBY BROADWAY TRIP 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	OKTOBERFEST TRIP 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
Fran 9:05 – Crocheting 15 SSISTANCE w/ Smart Van Strength Training w/ Nick VE TOUR: IRELAND DANCE LECTURE ing, & Bridge ing, & Balance w/ Nilo	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
Fran 9:05 – Crocheting 22 Strength Training w/ Nick FT CLUB w/ Age Friendly ing & Bridge LECTURE Age Friendly ing, & Balance w/ Nilo HT CRISIS BAND \$10 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
Fran 29 Friends Strength Training w/ Nick ICHELLE ON LECTURE , & Mahjong ing, & Balance w/ Nilo	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

AGE-FRIENDLY OCTOBER ACTIVITIES

Walk Safe Glen Cove

On Friday, October 10th at 10:30 am, join the pedestrian safety experts of the New York Coalition for Transportation Safety (NYCTS), Walk Safe Long Island and the Long Island Health Collaborative for a walk (or roll!) through Downtown Glen Cove. We will depart from the Glen Cove Senior Center front entrance. In addition to sharing safety tips, the Executive Director of the NYCTS Cynthia Brown will lead a discussion of the relationship between walkability and street design by drawing on examples we encounter as we walk.



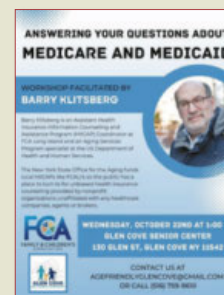
October Walk with a Doc

October is Breast Cancer Awareness Month! Join us on October 16th as we learn about breast cancer risk assessment, screening and recovery from Dr. Barbara Keber, Chair of Family Medicine at Glen Cove Hospital.

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 agefriendlyglen Cove@gmail.com. Local transportation to our walking location is available for members of the Senior Center.

The Medicare Enrollment Period is now Open — Got Questions?

On Wednesday, October 22nd at 1:00 pm, Barry Klitsberg of the Health Insurance Information Counseling Assistance Program (HIICAP) run by the Family & Children's Association Long Island (FCALI) will be facilitating a workshop on the nitty gritty of Medicare. The New York State Office for the Aging funds local HIICAPs like FCALI's so the public has a place to turn to for unbiased health insurance counseling provided by nonprofit organizations with no affiliation with any healthcare companies, agents or brokers. Barry Klitsberg has decades of experience helping community members and families navigate through the process of enrolling in Medicare, changing plans, the EPIC program, dual eligibility for Medicare and Medicaid, medicare savings programs, funding long-term care and much more.



Recycled Jewelry Making — Collage Pin Making

On Wednesday, October 22nd at 10:30 pm, join the Age-Friendly Upcycling Club as we use a button press to make one-of-a-kind accessories out of paper collage! Bring your old art books, stationary or magazines and test your luck with the press pin button maker as we craft our way into a new set of accessories for the Fall. We will provide tools and instruction.



Views from the Age-Friendly Ready to Ride public transit trip to the TWA Hotel at JFK Airport



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



Friends for Life
HOMECARE
& Medicaid Consultants
(516) 900-1818



- Live In
- Hourly
- Hospice Care
- Alzheimer's and Dementia Care
- Facility Care
- Diet and Nutrition
- Weekend and Holidays
- Bathing and Dressing
- Companionship
- and more!



Law Offices of
Schwartz and Greenwood, LLP.
Established in 1964

Estate and Trust Planning
Elder Law | Real Estate
718-347-6100 • info@elder.nyc

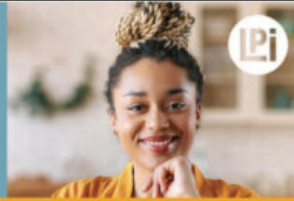
ELDER.NYC



WE'RE HIRING!
AD SALES EXECUTIVES

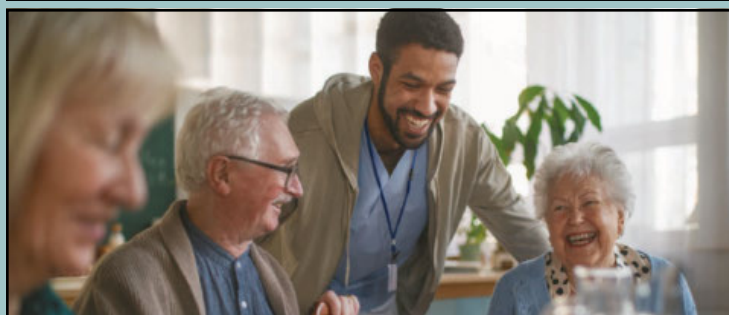
BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



4lp

Contact us at
careers@4lpi.com or
www.4lpi.com/careers





FREE
AD DESIGN
with purchase
of this space
CALL 800-477-4574



GLEN COVE
CENTER FOR NURSING AND REHABILITATION

"The Glen Cove Center for Nursing & Rehabilitation is proud of our Advocacy & Patronage in the Community & to our Friends at the Glen Cove Senior Center."

6 Medical Plaza | Glen Cove, NY 11542
516-656-8000 | www.glencoverehab.com



EMERGE
Nursing and Rehabilitation at Glen Cove

2 Medical Plaza
Glen Cove, NY 11542
516-740-9900
www.emergenursingandrehab.com

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
(800) 888-4574 x3105



**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit **lpicommunities.com**
/adcreator

SUPPORT OUR ADVERTISERS!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicommunities.com



Real Relationships. Real Warmth. Real Care.



The Regency is an assisted living community with vital seniors who share your interests, caring staff, and upscale amenities that elevate comfort to another level.



A Dedicated
MEMORY CARE
Neighborhood

All Inclusive Pricing!

Safe Harbor's monthly rate covers individualized care, three delicious meals a day, full calendar of activities, beautiful accommodations, and so much more!

516-674-3007

94 School Street, Glen Cove, NY 11542
TheRegencyAtGlenCove.com/MemoryCare
SafeHarbor@RegencyGlenCove.com



Weissman Wellness
Geriatric Care Management

Providing support and coordination of services for individuals and their families, ensuring peace of mind an enhanced quality of life.

Assessment

Home Safety
Physical &
Cognitive Health

Financial

Bill Payment
Money Management

Families

Team Liaison
Crisis intervention
Respite Care
Care Coordination

Health Disabilities

Activities of Daily Living
Medical Needs
& Appointments

Referrals

Legal
Medical
Transportation

Advocacy

Insurance Coverage
Claim Submission
Advocate for Clients

212-920-5967 • www.weissmanwellness.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Glen Cove Senior Center, Glen Cove, NY 06-5308

THRIVE LOCALLY



CARING FOR YOU AT
HOME - WHERE IT
MATTERS MOST

We provide the highest quality of companion care, home health aide care and nursing care to empower older adults to continue to enjoy the lives they've built in the place they love the most.

With more than 30 years of experience, please know we are here for you and your family with experienced, compassionate and reliable care.



Contact Us: 516-784-4411

carefirsthomesolutions.com

58 School Street, Suite 101 Glen Cove NY 11542

We service all of Long Island and Queens

SUPPORT OUR ADVERTISERS!



POLITI EYECARE & AESTHETICS

Michael Politi, DO

Board Certified Ophthalmologist
General Eye Care - Retina Specialist

Macular Degeneration
Diabetic Retinopathy
Glaucoma
Vascular Disorders

516-403-2565 www.politieyecare.com

14 GLEN COVE RD, SUITE 3 • ROSLYN HEIGHTS NY 11577

NEVER MISS OUR NEWSLETTER!

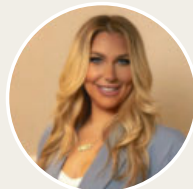
SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com



FRIENDS FOR LIFE SENIOR LIVING ADVISORS

Helping Seniors Find Their Happy Place

CALL NOW

(516) 900-1818

SAME DAY APPOINTMENTS

Independent
Living

Assisted
Living

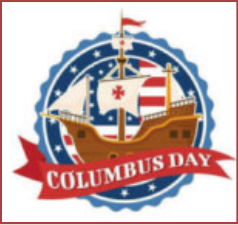
Enhanced
Assisted
Living

Memory
Care



LUNCH MENU OCTOBER 2025

FOR RESERVATIONS PLEASE CALL (516) 676-6182

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* 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	1 VEGETABLE SOUP* CHICKEN BURRITO W/ CHEESE MEXICAN RICE REFRIED BEANS APRICOT HALVES* OR TUNA SALAD ON RYE W/ L & T COLESLAW	2 SPLIT PEA SOUP* PENNE A LA VODKA W/ GRILLED CHICKEN TOSSED SALAD RYE BREAD MIXED FRUIT* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD TOSSED SALAD	3 CHICKEN NOODLE SOUP* SAILSBURY STEAK W/ GRAVY RED POTATOES PEAS & CARROTS WHEAT BREAD BANANA* OR SEAFOOD SALAD IN A TORTILLA W/ L & T PEA SALAD
6 POTATO CHOWDER-SOUP* CHICKEN MARSALA RICE PILAF CARROTS ROLL PEACH HALVES* OR SEAFOOD SALAD IN A TORTILLA W/ L & T POTATO SALAD	7 LENTIL SOUP* BEEF BURRITO W/ RANCHERO SAUCE RICE & BEANS BANANA* OR EGG SALAD ON WHEAT W/ L&T TOMATO & CUCUMBER SALAD	8 SPLIT PEA SOUP* BAKED PENNE PASTA W/ SPINACH & CHEESE TOSSED SALAD ITALIAN BREAD PINEAPPLE* OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO TOSSED SALAD	9 CREAM OF BROCCOLI SOUP* SWEDISH MEATBALLS W/ GRAVY & NOODLES MIXED VEGETABLES WHEAT BREAD FRUIT CUP* OR CHICKEN SALAD IN TORTILLA W/ L & T PASTA SALAD	10 MINISTRONE SOUP* LOIN OF PORK W/ GRAVY MASHED POTATOES PEAS & CARROTS RYE BREAD PUDDING* OR TUNA SALAD ON RYE W/ L & T PEA SALAD
13 CLOSED FOR 	14 VEGETABLE SOUP* PENNE W/ GRILLED CHICKEN IN A LIGHT CREAM SAUCE BROCCOLI ITALIAN BREAD FRUIT CUP* OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSED SALAD	15 POTATO CHOWDER-SOUP* TURKEY BREAST SWEET POTATOES GREEN BEANS WHEAT BREAD BANANA* OR EGG SALAD ON WHEAT W/ L&T GREEN BEAN SALAD	16 LENTIL SOUP* SAUSAGE & PEPPERS W/ MARINARA SAUCE ROASTED POTATOES BROCCOLI WHEAT BREAD MIXED FRUIT* OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD	17 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
20 TOMATO RICE SOUP* SAUERBRATEN W/ GRAVY POTATOES RED CABBAGE RYE BREAD BANANA* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD GREEN BEAN SALAD	21 LENTIL SOUP* LOIN OF PORK W/ GRAVY ROASTED POTATOES BEETS WHEAT BREAD FRUIT CUP* OR CHICKEN SALAD IN TORTILLA W/ L & T BROCCOLI SALAD	22 SPLIT PEA SOUP* STUFFED PEPPERS BROWN RICE BROCCOLI ITALIAN BREAD APPLESAUCE OR SEAFOOD SALAD IN A TORTILLA W/ L & T BEET SALAD	23 POTATO CHOWDER SOUP* CHICKEN PARMIGIANA W/ MARINARA SAUCE PASTA W/ SAUCE SPINACH ITALIAN BREAD ICE CREAM* OR CHICKEN CEASAR WRAP PASTA SALAD	24 CHICKEN NOODLE SOUP* JUMBO RAVIOLI W/ MEAT SAUCE MIXED VEGETABLES WHEAT BREAD PUDDING* OR TUNA SALAD ON RYE W/ L & T COLESLAW
27 SPLIT PEA SOUP* BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS WHEAT BREAD FRUIT CUP* OR CHICKEN SALAD IN TORTILLA W/ L & T PEA SALAD	28 CHICKEN NOODLE SOUP* BEEF & BEAN BURRITO MEXICAN RICE & BEANS PEACH HALVES* OR TUNA SALAD ON RYE W/ L & T CUCUMBER SALAD	29 VEGETABLE SOUP* CHICKEN CORDON BLEU YELLOW RICE GREEN BEANS ROLL PINEAPPLE* OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO GREEN BEAN SALAD	30 TOMATO RICE SOUP* LASAGNA TOSSED SALAD WHEAT BREAD PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSED SALAD	31 BUTTERNUT SQUASH-SOUP* CHILI W/ BEEF & BEANS BROWN RICE BROCCOLI WHEAT BREAD CAKE* OR EGG SALAD ON WHEAT W/ L&T BROCCOLI SALAD