





Glen Cove Adult Day Program

130 Glen Street, Glen Cove, NY 11542

ADP Schedule of Activities • January 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January Special Programs & Events: 9th - "Recall and Reminiscence" Group: Guided by LIU Post professors and their students 12th - Trip: Tilles Center - Silver Edition Dance Class 26th - "In the Moment:" Long Island Museum virtual gallery tour and art-making session	January Special Programs & Events: Every Thursday - Sign Language Class with Mill Neck Manor Thursday 15th @ 10:15 am - Caregiver Support Group! Facilitated by FCA (<i>Please contact Amanda to inquire, as dates are subject to change</i>)	<i>"The magic in new beginnings is truly the most powerful of them all."</i> - Josiyah Martin	Closed 	New Year Reflections 10a - Sip & Share: Fresh Starts! - Discussing the mythology of Janus & New Year customs around the world 11a - Expressive Art - "Hopes & Dreams" craft 11:45a - Brain Fitness: New Year I Spy game 12:15p - Lunch, music, & a wish word play 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
Tea 5 10a - Sip & Share: Tea for Two! - Tracing the captivating history behind this comforting all-weather brew 11a - Pictorial Prompt: <i>Teatime</i> Story crafting 12p - Lunch, music, & a beverage round robin 1-2p - End of Day: Watercolor Works - Teacup pattern painting, tea tasting, & a game of balloon volleyball	3 Kings 6 10a - Conversation & Connections: Dia De Reyes - Exploring the centuries-old traditions behind "3 Kings Day" 11a - Exercise: Zumba w/ Carol 11:45a - Cognitive Challenge: <i>Holiday</i> Crossword 12p - Lunch, music, & a Categories game 1-2p - End of Day: King Crafting Bash - Crown & star abstractions, King cake, & a game of Bingo	Pasta 7 10a - Tea & Trivia: Kitchen Staple - Examining the colorful history of this delicious and ever-popular Italian consumable 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a game of Categories 1-2p - End of Day: Pasta Party! Macaroni mosaic artwork, hot cider, and a brain teaser	Puzzles 8 10a - Show & Tell: Jig of the Week - Delving into the intriguing history behind this popular pastime of the great depression 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a game hangman 1:15-2p - End of Day: Recycle Creations - Puzzle piece frames and tabletop games	Opposites / Recall & Reminiscence 9 10a -Tea & Trivia: Backward Day: Celebrating the weird and wonderful day of opposites 11a - "Recall and Reminiscence" Group - Guided by LIU Post professors & student interns 12p - Lunch, music, & an opposite word play 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
Trip - Tilles Center 12 10a - A.M. Brain Game: 11a - 2p TRIP Tilles Center <u>Silver Edition Dance Classes</u> Let's dance our way into the New Year. A boxed lunch will be provided after the lesson	Potions & Brews 13 10a - Tea & Trivia: Winter Cure All's - Reminiscing on rescue remedies and home treatments from our past 11a - Exercise: Zumba w/ Carol 11:45a - Cerebral Boost: <i>Medicinal</i> word search 12p - Lunch, music, & a Complete a Phrase game 1-2p - End of Day: Sensory Craft - Essential oil-infused soap making, and a <i>garden</i> Jingo	Sleep 14 10a - Coffee & Conversation: Rest & Restore - Discussing the rejuvenating and restorative health benefits of a good night's sleep 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a restore wordplay 1-2p - End of Day: Slumber Social - Aromatic sachet crafting, hot cocoa, and a game of cards	Pinecones 15 10a - Sip & Share: Life, Love, Enlightenment - The mysticism, magic, and meaning of this common conifer 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a Pinecone wordplay 1:15-2p - End of Day: - Pine Painting Party: Decorative pinecones, pineapple punch, & a Jingo	MLK 16 10a - Readings & Recitals: I Have a Dream - Discussing the leadership and legacy of Dr. Martin Luther King 11a - Expressive Art: Weaving Dream Catchers 11:30a - Brain Booster: <i>Advice</i> Crossword 12p - Lunch, music, & a dream category game 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
CLOSED FOR 19 	Zodiac 20 10a - Sip & Share: Independent or Imaginative? - Discussing the personality traits of our January birthdays 11a - Exercise: Zumba w/ Carol 11:45a - Cerebral Challenge: Zodiac word find 12p - Lunch, music, & a star category game 1-2p - End of Day: Zodiac Soiree - Collage craft, cards, and a game of kickball	Penguins 21 10a - Tea & Trivia: Friendship, Unity, Duality - Shining a light on the symbolism and folklore of this glorious aquatic bird 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music & a bird A-Z word game 1-2p - End of Day: Chiaroscuro Shindig - Black & White art works, cookies, and a game of Pokemo	Polka Dots 22 10a - Coffee & Short Stories: She Wore an... Exploring the captivating origins of this iconic textile pattern 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a game of outburst 1:15-2p - End of Day: Rock the Dots Party - Polka dot painting, dominoes, & a game of Singo	Oatmeal / LIU Nursing Students Start 23 10a - Coffee & Conversation:- Ancient Grains - Shining a light on the fascinating origins of this breakfast porridge 11a - Culinary Explorations: Oatmeal cookies 11:30a - Brain Teaser: <i>Cookie</i> word search 12p - Lunch, music, & a Breakfast hangman 1-2p - End of Day: Exercise: Mind & Body Movement w/ Marvin
LIM - "In the Moment" 26 10a - Reflecting & Remembering: 11a - Childhood Companion - The heartwarming origins of AA Milne's famous Pooh Bear 11a - "In the Moment": LIM virtual gallery tour 12p - Lunch, music, & a Companion word play 1-2p - End of Day: Pooh Party - Mini bear crafting, honey cakes, and a game of volleyball	Snowflakes 27 10a - Show & Tell: 11a - Frosty Formations - Tracing the science behind the unique patterns of snowflakes 11a - Exercise: Zumba w/ Carol 11:45a - Brain Fitness: <i>Snow</i> word find 12p - Lunch, music, & a Winter Hangman 1:30-2p - End of Day: "Let it Snow" Social - Snowflake crafting, apple cider, & volleyball	Art Day 28 10a - Sip & Share: Deconstructed Images - Discussing the vibrant and bold world of these pioneers of pop for art with heart week 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & Painting wordplay 1-2p - End of Day: Artistic Soiree - Watercolor pop artworks, Pop-Tarts, and a game of Bingo	Soup 29 10a - Tea & Trivia: Spread the Warmth - The nourishing history of this beloved "pottage" 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a Team word search 1:15-2p - End of Day: 3D Craft - Decorative soup can holders, followed by a Food Jingo game	Radio 30 10a - Milestones & Memories: Fireside Chats - Discussing the invention of the radio and the birth of family entertainment 11a - Creative decoupage: 1930's memorabilia collages 11:30a - Brain Booster: <i>Invention</i> I Spy 12p - Lunch, music, & a radio scatergory 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin