

ISSUE 80

JANUARY 2026



*Youth is a fleeting gift of nature.
Aging well is an enduring work of art.*

GLEN COVE SENIOR CENTER

130 GLEN STREET GLEN COVE NY 11542

516 759 9610

www.glencoveseniorcenter.com

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



Everyone had an a delightful time celebrating the New Year at the Glen Cove Senior Center.



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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A LETTER FROM SAGE

Dear Friends,

We are the SAGE Foundation, the fundraising branch for the Glen Cove Senior Center (Center). We are a board of volunteers who are committed to enriching the lives of our senior community. Our mission is to assist the Center in providing the highest quality of programs and services for the senior citizens of Glen Cove and surrounding communities. The Center is the largest senior center in Nassau County and includes an adult day caregiver respite program for those living with cognitive and physical frailties. All programs are dedicated to enriching the lives of seniors by nourishing the heart, the mind, the body and soul thus enhancing the quality of life of older adults.

The Center is one of our greatest treasures here in our beautiful city of Glen Cove. Seniors enjoy laughing and mingling with friends, having a delicious nutritional lunch, and participating in a variety of activities, field trips and learning experiences that make life fun. The Center is available to all Nassau County Residents, 60 years and over, and we encourage you to help us spread the word to everyone about our Center, located in the heart of Glen Cove, just down the street from City Hall.

SAGE Foundation believes that community support for its senior population makes our city strong, vital and a wonderful place to live! Please join us as a community to support our appeal, where 100% of your generous donation goes directly to programs for our seniors.

As a community member, we are asking you for your support. There is no amount too large or too small and we will recognize you as, A Proud Supporter of the Glen Cove Senior Center on our website.

Please visit us at www.glencovesage.com. If you would like to make a donation and thank you in advance for your participation.

Help us reach 100% participation! Thank you!

Sincerely,

The SAGE Board



Here are just a few of the many dedicated members of our board.

JANUARY HAPPENINGS AT THE GLEN COVE SENIOR CENTER

Science Fiction Day

Friday, January 2nd at 12:00 p.m.

Step into the world of imagination as we celebrate National Science Fiction Day! Join us for a lunch filled with classic and modern TV and movie clips, fun trivia questions, exciting giveaways, and a collection of famous science-fiction quotes that will spark your curiosity. Whether you're a lifelong sci-fi fan or just enjoy a good story, this event is the perfect way to explore new worlds, share laughs, and enjoy time with friends. Beam yourself over and enjoy the adventure!

National Trivia Day

Monday, January 5th at 12:00 p.m.

Get ready for a fun and friendly competition as we celebrate National Trivia Day! During lunch, each table will team up and compete for our Grand Prize. Work together, share your knowledge, and enjoy the excitement of solving questions as a group. Join us for a lively afternoon of teamwork, laughter, and brain-boosting challenges! Don't forget – we offer Trivia every Tuesday and Friday at 11:00am, so you can keep the fun going all year long.

Game Club Parties

BINGO – Tuesday, January 6th at 1:00 p.m.

RUMMIKUB & MAHJONG – Wednesday, January 7th at 1:00 p.m.

CANASTA & BRIDGE – Friday, January 9th at 1:00 p.m.

Looking to meet new people, sharpen your skills, or simply enjoy a fun afternoon out? Come join us for our upcoming Game Club Social Parties! Everyone is welcome – whether you're a seasoned player or just curious to learn something new. Enjoy a relaxed, social atmosphere with snacks, desserts, and refreshments as you mix, mingle, and play. It's a wonderful way to connect with fellow members, discover new games, and build your confidence at any level. We can't wait to see you there!

Social Club Event

Thursday, January 8th at 1:00 p.m.

Join us for a fun and friendly Social Club Game Day, open to everyone! It's the perfect opportunity to meet new people, reconnect with old friends, and enjoy an afternoon filled with card games, board games, and plenty more. We'll have snacks and refreshments available as you play, laugh, and spend time with great company. Whether you're a seasoned player or just looking for something new to try, there's a seat at the table for you. Don't miss out on this lively and social afternoon!

Math Is Fun Lecture

Monday, January 12th at 1:00 p.m.

Join us for an entertaining and eye-opening afternoon as Frank DeMita returns with his popular Math Is Fun lecture! Frank has a wonderful way of turning numbers, patterns, and everyday puzzles into something exciting, accessible, and genuinely enjoyable. This session is perfect for anyone who loves to learn, enjoys a good brain teaser, or simply wants to see how fun and surprising math can be. No background

knowledge needed – just bring your curiosity and a willingness to explore. Come ready to laugh, think, and discover the lighter side of mathematics!

National Rubber Ducky Day

Grand Prize Sponsored by Atria Glen Cove

Tuesday, January 13th from 10:45 a.m. – 11:45 a.m.

Get ready for a quacky good time as we celebrate National Rubber Ducky Day! More than 100 rubber ducks will be hidden throughout our center, and it's your mission to find them. Each duck has a number, and the person holding the winning number will take home a special prize. Everyone who participates will receive a duck to keep, and we'll also have a few surprise giveaways along the way. It's a light-hearted, energetic event that's sure to bring out your playful side. Don't miss out on the fun – come join the hunt!

Golden Gallery Reception

Thursday, January 15th from 1:00 p.m. – 2:00 p.m.

Join us for a special afternoon as we proudly celebrate the work of our talented member and featured artist, Helene Nagel. Helene's creativity, skill, and unique artistic voice shine through each piece, and we're delighted to showcase her beautiful work. Come enjoy light refreshments, mingle with fellow art lovers, and meet the artist herself as we honor her contributions to our creative community. It's a wonderful opportunity to support a fellow member and experience the vibrant talent within our center. We look forward to seeing you at this inspiring event.

January Birthday's Celebration

Friday, January 16th at 12:45 p.m.

Join us as we celebrate the January birthdays of our beloved seniors! Enjoy good food, good company, and good fun. Let's make this a memorable occasion filled with laughter and joy. Don't miss out on the festivities!

Martin Luther King Jr. Celebration

Tuesday, January 20th at 12:00 p.m.

Join us during lunch as we honor the life and legacy of Dr. Martin Luther King Jr. Together, we'll listen to excerpts from his powerful speeches, reflect on his extraordinary contributions to civil rights, and celebrate the values he championed – unity, justice, and hope. We'll also welcome special guests who will share insights, stories, and reflections that bring Dr. King's message to life. It's a meaningful opportunity to learn, connect, and celebrate the impact of one of history's most influential leaders.

Paint Party

Friday, January 30th from 1:15 p.m. – 2:15 p.m.

Unleash your inner artist at our **FREE** Paint Party class, led by the incredible Alicia! Whether you're an experienced painter or trying it for the first time, Alicia's step-by-step guidance ensures a fun and exciting creative experience for all levels. In just one hour, you'll complete your project and be able to take it home. Join us for an inspiring and enjoyable session that celebrates creativity and self-expression.

JANUARY HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

The Glen Cove Adult Day Program wishes everyone a happy, healthy, and prosperous 2026! We are looking forward to enjoying winter fun in the Adult Day Program. Let's all lean into the winter season and embrace the colder weather, possible snow, and the time for cozy sweaters and blankets! This month, we wish our Capricorn and Aquarius friends happy birthdays! We have many activities planned in ADP to keep us busy during the first month of the year, including themes celebrating Capricorns, Aquarius, New Year's Day, Martin Luther King Jr. Day, snowflakes, mittens, winter animals, and the sights and sounds of winter. We will discuss some fun monthly observances, including National Shortbread Day, National Popcorn Day, Hot Chocolate Day, and Screenwriters Day. We will be engaging in activities that stimulate the senses this month, such as baking, candle making, soap making, and various other crafts. There will also be activities based on notable leaders, movie stars, and singers, and we will be staying active and warm.

ADP collaborates with many local organizations, agencies, and colleges to enhance our programming. 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. ADP loves hosting college interns for intergenerational learning, and we are excited to welcome our newest set of Nursing students interning with us from Long Island University at C.W. Post. ADP is also thrilled to have a new artistic program this month hosted by Laura Lynch, who is the former Educational Director of the Nassau County Museum of Art, and she will provide education about various artworks and provoke inquiry-based engagement. We 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. We will be taking a trip to the Tilles Center for a performance titled *"Music, Moments, and Memories."* 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 January 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@glencoenvy.gov.

Looking forward to seeing you soon!

-Amanda, Melanie,
and the entire team in ADP



Oh What Fun...!
Participants and
staff enjoying ADP's
holiday festivities





January 2026
Glen Cove Senior Center
130 Glen Street, Glen Cove, NY 11542
516-759-9610



MONDAY	TUESDAY	WEDNESDAY
<p><u>MARK YOUR CALENDARS:</u></p> <p>1/2 – SCIENCE FICTION DAY 1/6 – BINGO SOCIAL PARTY 1/7 – RUMMIKUB/MAHJONG SOCIAL PARTY 1/8 – GOLDEN GALLERY RECEPTION 1/9 – CANASTA & BRIDGE SOCIAL PARTY 1/12 – MATH IS FUN LECTURE 1/13 – NATIONAL RUBBER DUCKY DAY 1/24 – OPEN SITE COUNCIL MEETING 1/20 – MARTIN LUTHER KING CELEBRATION</p>	<p><u>TRIPS ON SALE NOW:</u></p> <p>1/21 – Just In Time on Broadway 1/23 – Ballet Hispanico Tilles 1/28 – Kotchengna Dance Company 1/28 – Ring of Fire Musical Northport 2/11 – The Rat Pack is Back Musical 3/4 – The Outsiders on Broadway 3/11 – Newsies Musical Argyle 4/1 – Shen Yun Lincoln Center</p>	<p><u>JOIN OUR</u></p> <p>Membership is FREE for residents 60+ We serve a 3-course We offer exercise, music taught by certified and We offer AMAZING trips area at highly discounted</p>
<p>9:05 – Brain Booster Club 9:05 – Crocheting w/ Friends 10:30 – RECYCLE CRAFT w/ Age Friendly 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 12:00 – NATIONAL TRIVIA DAY 1:00 – MUSIC JAM w/ Jeff 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer</p>	<p>5</p> <p>10:00 – Painting & Drawing w/ Chuck 10:45 – VIDEO SERIES 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 1:00 – BINGO SOCIAL PARTY 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Ping Pong</p>	<p>6</p> <p>9:05 – Seniorobics w/ Linda 9:05 – Crocheting w/ Linda 9:45-10:45 – FA INTEREST GROUP 10:15 – Stretching & Strength 11:00 – Rummikub Club 1:00 – Canasta, Mahjong, & Bridge 1:00 – RUMMIKUB & BRIDGE 1:00 – Bingo 2:00 – Chair Yoga, Tom</p>
<p>9:05 – Brain Booster Club 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – MATH IS FUN PART 11 LECTURE 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer</p>	<p>12</p> <p>NATIONAL RUBBER DUCKY DAY 13</p> <p>10:00 – Painting & Drawing w/ Chuck 10:45 – FIND RUBBER DUCKS CONTEST w/ PRIZES 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 11:00 – Bereavement Group with COMHPS 11:00 – Total Body Fitness w/ Marvin 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong</p>	<p>13</p> <p>9:05 – Seniorobics w/ Linda 9:05 – Crocheting w/ Linda 10:15 – Stretching & Strength 11:00 – AGE FRIENDLY 11:00 – Rummikub Club 12:15 – OPEN SITE COUNCIL MEETING 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Tom</p>
<p>THE CENTER IS CLOSED</p> 	<p>19</p> <p>10:00 – Painting & Drawing w/ Chuck 10:45 – VIDEO SERIES 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 12:00 – MARTIN LUTHER KING JR. CELEBRATION 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong</p>	<p>20</p> <p>JUST IN TIME</p> <p>9:05 – Seniorobics w/ Linda 9:05 – Crocheting w/ Linda 10:15 – Stretching & Strength 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Tom</p>
<p>9:05 – Brain Booster Club 9:05 – Crocheting w/ Friends 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping</p>	<p>26</p> <p>10:00 – Painting & Drawing w/ Chuck 10:45 – VIDEO SERIES 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 11:00 – Total Body Fitness w/ Marvin 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – LOCK UP YOUR MEDICATIONS LECTURE 2:00 – Bingo 2:00 – Ping Pong</p>	<p>27</p> <p>KOTCHENGNA</p> <p>9:05 – Seniorobics w/ Linda 9:05 – Crocheting w/ Linda 10:15 – Stretching & Strength 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Tom</p>



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
<p>THE CENTER! for ALL Nassau County years and older lunch meal M-F, 12-1 music, and art programs and experiences teachers trips all over the tri-state discounted rates!</p>	<p>THE CENTER IS CLOSED</p> 	<p>NATIONAL SCIENCE FICTION DAY</p> <p>9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 12:00 – SCIENCE FICTION DAY CELEBRATION 1:00 – Bingo 1:15 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>
<p>Fran Friends GENERATIONAL TALKS Strength Training w/ Nick Bingo, & Bridge MAHJONG SOCIAL PARTY Bingo, & Balance w/ Nilo</p>	<p>7 9:05 – Brain Booster Club 10:15 – Card & Board Games 10:30 – CC Board Meeting 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 1:00-2:00 – GOLDEN GALLERY RECEPTION 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club</p>	<p>8 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 – CANATSA & BRIDGE SOCIAL PARTY 1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>
<p>Fran Friends Strength Training w/ Nick FOCUS GROUP INCIL MEETING Bingo, & Bridge Bingo, & Balance w/ Nilo</p>	<p>14 9:00 – WALK WITH A DOC – B&G Club 15 9:05 – Brain Booster Club 9:05 – Brain Booster Club 10:15 – Card & Board Games 11:00 – AMERICAN LEGION MEETING 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:00 – LILA 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p>15 9:05 – 12:00 HEALTH ASSESSMENTS 16 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 12:45 – JANUARY BIRTHDAY'S CELEBRATION 1:15 – Bingo 1:15 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>
<p>BROADWAY TRIP Fran Friends Strength Training w/ Nick Bridge Bingo, & Balance w/ Nilo</p>	<p>21 9:05 – Brain Booster Club 9:30 – 12:00 – SNAP By Appointment 10:15 – Card & Board Games 10:30 – CC Board Meeting 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:15 – DRUM CIRCLE w/ Eric 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club</p>	<p>22 BALLET HISPANICO TRIP 23 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 – PHONE PHOTOGRAPHY CLASS w/ Roni 1:00 – Bingo 1:00 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>
<p>ARTS & RING OF FIRE TRIP Fran Friends Strength Training w/ Nick Bingo, & Bridge Bingo, & Balance w/ Nilo</p>	<p>28 9:05 – Brain Booster Club 10:15 – Card & Board Games 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 & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p>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 & Bridge 1:15 – PAINT PARTY w/ Alicia 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>

AGE-FRIENDLY JANUARY ACTIVITIES

Transform Your Holiday Paper Goods

Tuesday, January 5th at 10:30 am. Have some wrapping paper scraps just too nice to discard after the season's end? Interested in preserving colorful cards as a keepsake? For this installment of the Upcycling Craft Club, we are taking out the button maker and transforming paper products into polished badges and keychains. Bring items like holiday wrapping, magazines, old calendars and your creativity to this free recycling craft session



Age-Friendly Upcycling Club

COLLAGE PIN MAKING

Come learn how to turn old magazine clippings, greeting cards, wrapping paper and photographs into wearable art using our button-maker!

Bring your own paper goods or use our own.

Tuesday, January 5th @ 10:30 AM
Glen Cove Senior Center
Contact AJ at
agefriendlyglencope@gmail.com



Age-Friendly Focus Group



Age-Friendly Focus Group

Have ideas for initiatives at the Glen Cove Senior Center or around town? Have feedback on our on-going programming?

Share them with us!



Wednesday, January 14th @ 11:00 

Can't make it, but have ideas to share? Stop by the Age-Friendly office on the second floor of the Senior Center or contact agefriendlyglencope@gmail.com

It is a new year and we want to hear from you! We know Long Island's older adult population is growing, but Glen Cove happens to be ahead of the demographic curve: more than 21 percent of Glen Cove residents are over the age of 65. Age-Friendly Glen Cove works to identify and address barriers to the well-being and full participation of older people and people with disabilities in civic life

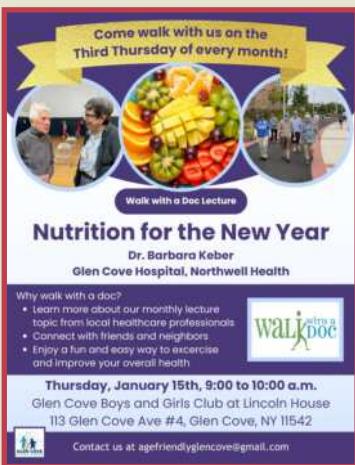
Soliciting community input is a critical part of that work, so we are holding our first in-person focus group of 2026 on **Wednesday, January 14th at 11:00 am.** Can't make this focus group? Email agefriendlyglencope@gmail.com with any comments or call 516 759 9610 to reach out to AJ at the Glen Cove Senior Center.

Looking for other ways to get involved and make your voice heard? Join the **Glen Cove Disability Task Force!** Reach out to Age-Friendly for more information or email glencovedisabilitytaskforce@gmail.com.

January Walk With a Doc

Want to make sure you have the healthiest start to 2026? Come join us at Walk with a Doc on **Thursday, January 15th at 9:00 am** as we learn about health and nutrition from Dr. Barbara Keber, Chair of Family Medicine at Glen Cove Hospital. Learn about what dietary and lifestyle choices can help minimize your health risks.

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. In light of the chilly weather, we plan to walk at the Glen Cove Boys and Girls Club at Lincoln House. Local transportation to our walking location is available for members of the Glen Cove Senior Center by signing up at the front desk.



Come walk with us on the Third Thursday of every month!



Walk with a Doc Lecture

Nutrition for the New Year

Dr. Barbara Keber
Glen Cove Hospital, Northwell Health

Why walk with a doc?

- Learn more about our monthly lecture topic from local healthcare professionals
- Connect with friends and neighbors
- Enjoy a fun and easy way to exercise and improve your overall health

Thursday, January 15th, 9:00 to 10:00 a.m.
Glen Cove Boys and Girls Club at Lincoln House
113 Glen Cove Ave #4, Glen Cove, NY 11542

Contact us at agefriendlyglencope@gmail.com



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



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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.



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516-674-3007

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TheRegencyAtGlenCove.com/MemoryCare

✉ SafeHarbor@RegencyGlenCove.com



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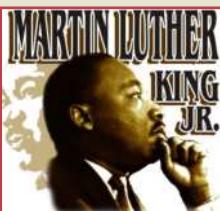
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LUNCH MENU JANUARY 2026

FOR RESERVATIONS PLEASE CALL (516) 676-6182

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>* SOUP & DESSERT COMES WITH BOTH MEALS FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL (516) 676-6182</p>			<p>2 SPLIT PEA SOUP* BREADED CHICKEN CUTLET W/ GRAVY BROWN RICE COLLARD GREENS WHEAT BREAD JELLO* OR EGG SALAD ON WHEAT W/ L & T COLESLAW</p>
<p>5 LENTIL SOUP* CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE TOSSSED SALAD ITALIAN BREAD FRUIT CUP* OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSSED SALAD</p>	<p>6 WHITE BEAN SOUP* BEEF STEW W/ POTATOES CARROTS, CELERY & ONIONS WHOLE WHEAT PASTA WHEAT BREAD JELLO* OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD</p>	<p>7 MINESTRONE SOUP* LOIN OF PORK W/ GRAVY MASHED POTATOES RED BEETS RYE BREAD APPLESAUCE* OR TUNA SALAD ON RYE W/ L & T COLESLAW</p>	<p>8 SPLIT PEA SOUP* SWEDISH MEATBALLS OVER BOW TIE PASTA BROCCOLI ITALIAN BREAD CHOCOLATE PUDDING * OR EGG SALAD ON WHEAT W/ L & T BROCCOLI SALAD</p>	<p>9 POTATO CHOWDER SOUP* CHICKEN PICATTA RICE PILAF GREEN BEANS ROLL BANANA* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD GREEN BEAN SALAD</p>
<p>12 TOMATO RICE SOUP* MEATLOAF W/ GRAVY MASHED POTATOES BROCCOLI WHEAT BREAD BANANA* OR SLICED TURKEY ON RYE W/ L & T & MAYO, BROCCOLI SALAD</p>	<p>13 MINESTRONE SOUP* STUFFED SHELLS W/ MARINARA SAUCE OVER SPINACH TOSSSED SALAD WHEAT BREAD VANILLA PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSSED SALAD</p>	<p>14 LENTIL SOUP* SAUSAGE & PEPPERS W/ MARINARA SAUCE PENNE PASTA W/ MARINARA SAUCE TOSSSED SALAD ITALIAN BREAD PEACHES* OR CHICKEN SALAD IN A TORTILLA W/ L & T PASTA SALAD</p>	<p>15 CREAM OF BROCCOLI-SOUP* CHICKEN MARSALA NOODLES W/ MARSARLA SAUCE GREEN BEANS FRUIT CUP* OR TUNA SALAD ON RYE W/ L & T GREEN BEAN SALAD</p>	<p>16 SPLIT PEA SOUP* POT ROAST W/ GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD BIRTHDAY CAKE* OR EGG SALAD ON WHEAT W/ L & T BROCCOLI SALAD</p>
<p>19 WE WILL BE CLOSED FOR </p>	<p>20 VEGETABLE SOUP* CHICKEN FRANCAISE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACH HALVES* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD MACARONI SALAD</p>	<p>21 TOMATO RICE SOUP* JUMBO RAVIOLI W/ MEAT SAUCE TOSSSED SALAD ITALIAN BREAD CHOCOLATE PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSSED SALAD</p>	<p>22 CORN CHOWDER SOUP* BREADED FISH W/ TARTAR SAUCE POTATOE WEDGES PEAS & CARROTS WHEAT BREAD BANANA* OR CHICKEN SALAD IN A TORTILLA W/ L & T PEA SALAD</p>	<p>23 LENTIL SOUP* STUFFED CHICKEN W/ SPINACH & CHEESE YELLOW RICE BROCCOLI WHEAT BREAD MANDARIN ORANGE SLICES* OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD</p>
<p>26 CREAM OF BROCCOLI-SOUP* BREADED CHICKEN CUTLET W/ GRAVY ROASTED POTATOES GREEN BEANS WHEAT BREAD JELLO* OR TUNA SALAD ON RYE W/ L & T GREEN BEAN SALAD</p>	<p>27 BEEF BARLEY SOUP* BEEF TACO W/ SHREDDED LETTUCE TOMATOES & CHEESE ON TORTILLA, MEXICAN RICE & BEANS WHEAT BREAD BANANA* OR EGG SALAD ON WHEAT W/ L & T PASTA SALAD</p>	<p>28 POTATO CHOWDER SOUP* BAKED ZITI W/ EGGPLANT ROLLATINI BROCCOLI RYE BREAD PEAR HALVES* OR SLICED TURKEY ON RYE W/ L & T & MAYO, BROCCOLI SALAD</p>	<p>29 LENTIL SOUP* CHICKEN MARSALA MASHED POTATOES MIXED VEGETABLES ITALIAN BREAD FRUIT CUP* OR SEAFOOD SALAD IN A TORTILLA W/ L & T COLESLAW</p>	<p>30 TOMATO RICE SOUP* STUFFED PEPPERS BROWN RICE GREEN BEANS WHEAT BREAD VANILLA PUDDING* OR CHICKEN SALAD IN A TORTILLA W/ L & T GREEN BEAN SALAD</p>