





**January 2026**  
**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
<b><u>MARK YOUR CALENDARS:</u></b> <b>1/2 – SCIENCE FICTION DAY</b> <b>1/6 – BINGO SOCIAL PARTY</b> <b>1/7 – RUMMIKUB/MAHJONG SOCIAL PARTY</b> <b>1/8 – SOCIAL CLUB GAME DAY</b> <b>1/9 – CANASTA &amp; BRIDGE SOCIAL PARTY</b> <b>1/12 – MATH IS FUN LECTURE</b> <b>1/13 – NATIONAL RUBBER DUCKY DAY</b> <b>1/15 – GOLDEN GALLERY RECEPTION</b> <b>1/20 – MARTIN LUTHER KING CELEBRATION</b>	<b><u>TRIPS ON SALE NOW:</u></b> <b>1/21 – Just In Time on Broadway</b> <b>1/23 – Ballet Hispanico Tilles</b> <b>1/28 – Kotchengna Dance Company</b> <b>1/28 – Ring of Fire Musical Northport</b> <b>2/11 – The Rat Pack is Back Musical</b> <b>3/4 – The Outsiders on Broadway</b> <b>3/11 – Newsies Musical Argyle</b> <b>4/1 – Shen Yun Lincoln Center</b>	<b><u>JOIN OUR CENTER!</u></b>  <b>Membership is FREE for ALL Nassau County residents 60 years and older</b> <b>We serve a 3-course meal M-F, 12-1</b> <b>We offer exercise, music, and art programs taught by certified and experienced teachers</b> <b>We offer AMAZING trips all over the tri-state area at highly discounted rates!</b>	<b>THE CENTER IS CLOSED</b> <b>1</b>  	<b>NATIONAL SCIENCE FICTION DAY</b> <b>2</b>  9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends <b>11:00 – BOOK CLUB</b> 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick <b>12:00 – SCIENCE FICTION DAY CELEBRATION</b> 1:00 – Bingo 1:15 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club 9:05 – Crocheting <b>5</b> <b>10:30 – RECYCLE CRAFT w/ Age Friendly</b> 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club <b>12:00 – NATIONAL TRIVIA DAY CONTEST</b> <b>1:00 – INTRODUCTION TO MENTAL HEALTH</b> <b>1:00 – MUSIC JAM w/ Jeff</b> 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 <b>6</b> <b>10:45 – VIDEO SERIES</b> 11:00 – Total Body Fitness w/ Marvin <b>11:00 – Bereavement Group with COMHPS</b> 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula <b>1:00 – BINGO SOCIAL PARTY</b> 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge	9:05 – Seniorobics w/ Fran <b>7</b> 9:05 – Crocheting w/ Friends <b>9:45-10:45 – FA INTERGENERATIONAL TALKS</b> 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Canasta, Mahjong, & Bridge <b>1:00 – RUMMIKUB &amp; MAHJONG SOCIAL PARTY</b> 1:00 – Bingo 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	9:05 – Brain Booster Club <b>8</b> 10:15 – Card & Board Games 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula <b>11:00 – American Legion Meeting</b> <b>1:00 – SOCIAL CLUB GAME DAY</b> 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran <b>9</b> 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick <b>1:00 – CANASTA &amp; BRIDGE SOCIAL PARTY</b> 1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club <b>12</b> 9:05 – Crocheting w/ Friends <b>10:00 – 12:00 – TECH ASSISTANCE w/ Keith</b> 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club <b>1:00 – MATH IS FUN PART 11 LECTURE</b> 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	<b>NATIONAL RUBBER DUCKY DAY</b> <b>13</b> 10:00 – Painting & Drawing w/ Chuck <b>10:45 – FIND RUBBER DUCKS CONTEST w/ PRIZES</b> <b>Prizes Sponsored By: ATRIA of Glen Cove</b> 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 – Bingo 1:00 – Ping Pong	9:05 – Seniorobics w/ Fran <b>14</b> 9:05 – Crocheting w/ Friends 10:15 – Stretching & Strength Training w/ Nick <b>11:00 – AGE FRIENDLY FOCUS GROUP</b> 11:00 – Rummikub Club <b>12:15 – OPEN SITE COUNCIL MEETING</b> 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	<b>9:00 – WALK WITH A DOC – B&amp;G Club</b> <b>15</b> <b>9:30 – 12:00 – SNAP By Appointment</b> 10:15 – Card & Board Games <b>10:30 – CC Board Meeting</b> 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula <b>1:00-2:00 – GOLDEN GALLERY RECEPTION</b> 1:00 – Canasta & Mahjong <b>1:30 – Centre Club</b> 1:15 – Food Shopping 2:00 – Billiards Club	<b>9:05 – 12:00 HEALTH ASSESSMENTS</b> <b>16</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends <b>10:00-11:30 – SEWING CLUB w/ Stephanie</b> 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick <b>12:45 – JANUARY BIRTHDAY'S CELEBRATION</b> 1:15 – Bingo 1:15 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
<b>THE CENTER IS CLOSED</b> <b>19</b> 	10:00 – Painting & Drawing w/ Chuck <b>20</b> <b>10:45 – VIDEO SERIES</b> 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia <b>11:00 – Bereavement Group with COMHPS</b> 11:00-2:00 – Manicures w/ Ursula <b>12:00 – MARTIN LUTHER KING JR. CELEBRATION</b> 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong	<b>JUST IN TIME BROADWAY TRIP</b> <b>21</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Canasta 1:00 – Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	9:05 – Brain Booster Club <b>22</b> 10:15 – Card & Board Games 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula <b>11:15 – DRUM CIRCLE w/ Eric</b> <b>1:00 – MOVIE</b> 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	<b>BALLET HISPANICO TRIP</b> <b>23</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick <b>1:00 – PHONE PHOTOGRAPHY CLASS w/ Roni</b> 1:00 – Bingo 1:00 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club <b>26</b> 9:05 – Crocheting w/ Friends <b>10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only)</b> <b>10:00 – 12:00 – TECH ASSISTANCE w/ Keith</b> 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping	10:00 – Painting & Drawing w/ Chuck <b>27</b> <b>10:45 – VIDEO SERIES</b> 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 <b>1:00 – LOCK UP YOUR MEDICATIONS LECTURE</b> 2:00 – Bingo 2:00 – Ping Pong	<b>KOTCHENGNA &amp; RING OF FIRE TRIP</b> <b>28</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	9:05 – Brain Booster Club <b>29</b> 10:15 – Card & Board Games <b>10:30 – ARTS &amp; CRAFTS CLUB w/ Marjorie</b> 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula <b>1:00 – MOVIE</b> 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran <b>30</b> 9:05 – Crocheting w/ Friends <b>10:00-11:30 – SEWING CLUB w/ Stephanie</b> 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo 1:00 – Canasta & Bridge <b>1:15 – PAINT PARTY w/ Alicia</b> 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer