



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
<p>MARK YOUR CALENDARS:</p> <p>1/2 – SCIENCE FICTION DAY 1/6 – BINGO SOCIAL PARTY 1/7 – RUMMIKUB/MAHJONG SOCIAL PARTY 1/8 – SOCIAL CLUB GAME DAY 1/9 – CANASTA & BRIDGE SOCIAL PARTY 1/12 – MATH IS FUN LECTURE 1/13 – NATIONAL RUBBER DUCKY DAY 1/15 – GOLDEN GALLERY RECEPTION 1/20 – MARTIN LUTHER KING CELEBRATION</p> <p>9:05 – Brain Booster Club 9:05 – Crocheting 5 10:30 – RECYCLE CRAFT w/ Age Friendly 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 12:00 – NATIONAL TRIVIA DAY CONTEST 1:00 – INTRODUCTION TO MENTAL HEALTH 1:00 – MUSIC JAM w/ Jeff 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>TRIPS ON SALE NOW:</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>10:00 – Painting & Drawing w/ Chuck 10:45 – VIDEO SERIES 11:00 – Total Body Fitness w/ Marvin 11:00 – Bereavement Group with COMHPS 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 – BINGO SOCIAL PARTY 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong</p>	<p>JOIN OUR CENTER!</p> <p>Membership is FREE for ALL Nassau County residents 60 years and older We serve a 3-course meal M-F, 12-1 We offer exercise, music, and art programs taught by certified and experienced teachers We offer AMAZING trips all over the tri-state area at highly discounted rates!</p>	<p>THE CENTER IS CLOSED</p> 	<p>1</p> <p>NATIONAL SCIENCE FICTION DAY 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>9:05 – Brain Booster Club 9:05 – Crocheting 5 10:30 – RECYCLE CRAFT w/ Age Friendly 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 12:00 – NATIONAL TRIVIA DAY CONTEST 1:00 – INTRODUCTION TO MENTAL HEALTH 1:00 – MUSIC JAM w/ Jeff 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>10:00 – Painting & Drawing w/ Chuck 10:45 – VIDEO SERIES 11:00 – Total Body Fitness w/ Marvin 11:00 – Bereavement Group with COMHPS 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 – BINGO SOCIAL PARTY 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong</p>	<p>9:05 – Seniorobics w/ Fran 6 9:05 – Crocheting w/ Friends 9:45-10:45 – FA INTERGENERATIONAL TALKS 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Canasta, Mahjong, & Bridge 1:00 – RUMMIKUB & MAHJONG SOCIAL PARTY 1:00 – Bingo 2:00 – Chair Yoga, Toning, & Balance w/ Nilo</p>	<p>9:05 – Brain Booster Club 7 9:05 – Crocheting w/ Friends 9:45-10:45 – FA INTERGENERATIONAL TALKS 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Canasta, Mahjong, & Bridge 1:00 – RUMMIKUB & MAHJONG SOCIAL PARTY 1:00 – Bingo 2:00 – Chair Yoga, Toning, & Balance w/ Nilo</p>	<p>9:05 – Brain Booster Club 8 10:15 – Card & Board Games 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:00 – American Legion Meeting 1:00 – SOCIAL CLUB GAME DAY 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club</p>
<p>9:05 – Brain Booster Club 12 9:05 – Crocheting w/ Friends 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 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>NATIONAL RUBBER DUCKY DAY 13 10:00 – Painting & Drawing w/ Chuck 10:45 – FIND RUBBER DUCKS CONTEST w/ PRIZES Prizes Sponsored By: ATRIA of Glen Cove 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</p>	<p>9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – AGE FRIENDLY FOCUS GROUP 11:00 – Rummikub Club 12:15 – OPEN SITE COUNCIL MEETING 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo</p>	<p>9:00 – WALK WITH A DOC – B&G Club 14 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 1:00-2:00 – GOLDEN GALLERY RECEPTION 1:00 – Canasta & Mahjong 1:30 – Centre Club 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p>9:05 – 12:00 HEALTH ASSESSMENTS 15 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>THE CENTER IS CLOSED</p> 	<p>10:00 – Painting & Drawing w/ Chuck 20 10:45 – VIDEO SERIES 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00 – Bereavement Group with COMHPS 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>JUST IN TIME BROADWAY TRIP 21 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</p>	<p>9:05 – Brain Booster Club 22 10:15 – Card & Board Games 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:15 – DRUM CIRCLE w/ Eric 1:00 – MOVIE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p>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>9:05 – Brain Booster Club 26 9:05 – Crocheting w/ Friends 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:00 – 12:00 – TECH ASSISTANCE w/ Keith 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping</p>	<p>10:00 – Painting & Drawing w/ Chuck 10:45 – VIDEO SERIES 27 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>KOTCHENGNA & RING OF FIRE TRIP 28 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</p>	<p>9:05 – Brain Booster Club 29 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>9:05 – Seniorobics w/ Fran 30 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>