



**February 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
9:05 – Brain Booster Club 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club <b>12:00 – GROUNDHOG DAY CELEBRATION</b> <b>1:00 – PHONE PHOTOGRAPHY CLASS w/ Roni</b> 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 2:30 – Tai Chi w/ Spencer	9:05 – Crocheting <b>10:45 – VIDEO SERIES</b> 11:00 – Total Body Fitness w/ Marvin <b>11:00 – Bereavement Group with COMHPS</b> 11:00 – Trivia 1:00 – Yoga & Pilates w/ Karen <b>1:00-3:00 – WEATHERIZATION WORKSHOP</b> 1:00 – Canasta, Mahjong, & Bridge 1:00 – Ping Pong	9:05 – Seniorobics w/ Fran & Sew w/ Kate <b>9:45-10:45 – FA INTERGENERATIONAL TALKS</b> 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club <b>12:00 – BLACK HISTORY MONTH CELEBRATION</b> 1:00 – Canasta, Mahjong, & Bridge <b>1:00 – BLACK HISTORY MONTH GAME SHOW</b> 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	9:05 – Brain Booster Club 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	9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends <b>10:30 – SITE COUNCIL</b> <b>11:00 – BOOK CLUB</b> 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick <b>12:00 – WINTER OLYMPICS CELEBRATION</b> <b>1:00 – WINTER OLYMPICS LECTURE</b> 1:00 – BINGO 1:15 – CANASTA & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
<b>NATIONAL PIZZA DAY</b> 9:05 – Brain Booster Club 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA <b>11:00 – Rummikub Club</b> <b>1:00 – COOKING w/ KEITH Pizza Cups</b> <b>Reservations Required. Limited Space.</b> 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 2:00 – Bingo	9:05 – Painting & Drawing w/ Chuck <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 1:00 – Bingo 1:00 – Ping Pong	<b>RAT PACK IS BACK TRIP</b> 9:05 – Seniorobics w/ Fran 9:05 – Learn to Knit & Sew w/ Kate 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 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>12:00 – PRESIDENTS DAY CELEBRATION</b> <b>1:00 – SOCIAL CLUB GAME DAY</b> 1:00 – Canasta & Mahjong <b>1:15 – Food Shopping</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 – Stretching & Meditation w/ Nick <b>11:00 – PHONE PHOTOGRAPHY CLASS w/ Roni</b> <b>12:00 – VALENTINE'S DAY CELEBRATION – Sponsored by Emerge &amp; GC Rehabilitation</b> 1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi
<b>SPONSORED BY emerge &amp; gc rEHBAB</b> 	<b>AARP TAX ASSISTANCE RSVP</b> 10:00 – Painting & Drawing w/ Chuck 11:00 – Total Body Fitness w/ Marvin <b>11:00 – Bereavement Group with COMHPS</b> 11:00-2:00 – Manicures w/ Ursula <b>12:00 – MARDI GRAS CELEBRATION</b> 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo <b>4:00 – Ping Pong</b>	9:05 – Seniorobics w/ Fran 9:05 – Learn to Knit & Sew w/ Kate 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club <b>12:00 – CHINESE NEW YEAR LUNCHEON</b> 1:00 – Bingo 1:00 – Canasta 1:00 – Mahjong, & Bridge <b>1:15 – ADDISON GOLDSMITH PERFORMANCE</b> 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	<b>9:00 – WALK WITH A DOC – B&amp;G Club</b> <b>9:30 – 12:00 – SNAP By Appointment</b> 10:15 – Card & Board Games <b>10:30 – CC Board Meeting</b> <b>10:30 – RECYCLED CRAFTS</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	<b>9:05 – 12:00 HEALTH ASSESSMENTS</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends <b>11:00 – Rummikub Club</b> 11:00 – Stretching & Meditation w/ Nick <b>12:45 – FEBUARY BIRTHDAY'S CELEBRATION</b> 1:15 – Bingo 1:15 – Line Dancing <b>1:15 – ETHICS LECTURE</b> 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club 9:05 – Crocheting w/ Friends <b>10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only)</b> <b>10:00 – 12:00 – MOLLOY U MOBILE CLINIC</b> 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club <b>1:00 – NUTRITION LECTURE</b> 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping	10:00 – Painting & Drawing w/ Chuck <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 – LIZA MINNELLI TRIBUTE SHOW</b> 2:00 – Bingo 2:00 – Ping Pong	9:05 – Seniorobics w/ Fran 9:05 – Learn to Knit & Sew w/ Kate 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo <b>6:00 – 8:00 – ROCK ISLAND SOUND BAND \$10 DINNER INCLUDED RESERVATIONS REQUIRED</b>	<b>9:00 – WALK WITH A DOC – B&amp;G Club</b> 9:05 – Brain Booster Club <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	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 – 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
<b>MARK YOUR CALENDARS:</b> <b>2/2 – GROUNDHOG DAY CELEBRATION</b> <b>2/4 – BLACK HISTORY MONTH CELEBRATION</b> <b>2/6 – WINTER OLYMPICS CELEBRATION</b> <b>2/12 – PRESIDENTS DAY CELEBRATION</b> <b>2/13 – VALENTINES DAY LUNCHEON</b> <b>2/17 – MARDI GRAS CELEBRATION</b> <b>2/18 – CHINESE NEW YEAR LUNCHEON</b> <b>2/24 – LIZA MINNELLI TRIBUTE SHOW</b>	<b>TRIPS ON SALE NOW:</b> 2/11 – The Rat Pack is Back Musical 3/4 – The Outsiders on Broadway 3/11 – Newsies Musical Argyle 3/25 – The Full Monty Gateway 3/26 – Imagine India Tilles 4/1 – Shen Yun Lincoln Center 4/15 – Life On Our Planet Tilles	<b>AARP FREE TAX ASSISTANCE</b> <b>FEBRUARY 18<sup>TH</sup></b> <b>APPOINTMENT REQUIRED</b> Call (516) 759-9610 for more information	<b>NEW CLASSES!</b> <b>COOKING WITH KEITH</b> Learn to cook easy, nutritious meals with a professional chef in a fun and social way. <b>EXPLORING ETHICS</b> Discuss real-life ethical questions and everyday decision-making in an open, engaging group setting.	<b>CIRCLE OF FRIENDS</b> An evening for EVERYONE of ALL ages Enjoy food, music, and dancing! <b>FEBRUARY 25 6:00pm-8:00pm</b> Includes Dinner! Tickets ONLY \$10! <b>ROCK ISLAND SOUND BAND</b>