

ISSUE 81

FEBRUARY 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](http://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

## WINTER PREPAREDNESS

Although winter comes as no surprise, many of us may not be ready for its arrival. Below is a useful visual guide to help us navigate this unpredictable weather and a flyer for a NYPA workshop.



## CONTACT INFORMATION

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Please like us on Facebook:

Glen Cove Senior Center

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## A LETTER FROM OUR DIRECTOR

Dear Friends,

Well, January did not disappoint when it came to snow! We certainly got hit hard! As history has shown though, February is very often the snowiest month of the year, so with that we need to prepare for more of what we received in January. Please prepare and purchase a new flashlight or check your current flashlight's batteries, have a shovel handy and make sure you have adequate food in your home to weather the storm. Along with snow comes icy sidewalks, driveways and walkways, so please take extra care when walking and driving. If you are in need of assistance with shoveling your driveway or sidewalks, please reach out to us and we will do our best to get you the help you need.

February is one of our favorite months at the Center as we celebrate Valentine's Day! It is a wonderful day to show how much our friends and family members mean to us. We will be celebrating on Friday, February 13th at 12:00 pm. Please make sure to call two days in advance to schedule your meal and join us for a wonderful day filled with love and laughter!

Taking care of our health is a number one priority for all ages, but especially as we grow older. February is American Heart Month, a national observance encouraging individuals to focus on cardiovascular health through diet, exercise, stress management and regular checkups. We have many exercise classes including chair yoga, stretching and meditation, seniorobics, zumba, toning & balance and tai chi. Many of our seniors partake in our exercise classes while at the same time socializing with their friends. Please consider joining us for exercise classes and our health presentations given by numerous professionals within our healthcare community. Our monthly calendar is available to all online and at our Center.

I am so happy to share with you that we are so blessed and lucky to have Charmaine, our new part time social worker here with us at the Center. Charmaine, who also works with the Youth Bureau in the City, has done an amazing job working with our seniors in the short time since she joined us. She has helped many of our seniors with issues including housing, healthcare, medical appointments and much more. Thank you very much Charmaine for joining our senior center family, we are so grateful!

Best Regards,  
*Christine Rice*

Christine Rice  
Executive Director

***Jean Quartarolo*** Site Council president

*As a government agency, we cannot endorse specific advertisers; however, we greatly appreciate their support. They are making this publication possible. They are active members of our business community who take great pride in their service to seniors. We applaud their efforts and can't thank them enough!*

## FEBRUARY HAPPENINGS AT THE GLEN COVE SENIOR CENTER

### Phone Photography Class (Free)

**Monday, February 2<sup>nd</sup> at 1:00 p.m. &  
Friday February 27<sup>th</sup> at 11:00 a.m.**

Discover the power of your smartphone camera in this hands-on photography class taught by professional photographer Roni Chastain. Learn how to use filters, explore different camera modes, master lighting techniques, and edit your photos by cropping, retouching, and enhancing key details. Whether you're capturing everyday moments or creating artistic shots, this class will show you how to make the most of the incredible creative studio you carry in your pocket. Come learn how to take your best possible pictures – no fancy equipment required!

### Black History Month Celebration

**Wednesday, February 4<sup>th</sup> – 12:00 p.m. – 1:00 p.m.**

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. We'll enjoy a delicious lunch, special guest speakers, and listen to some great music.

### "History of the Olympics" Lecture

**Friday, February 6<sup>th</sup> – 1:00 p.m.**

Join us for an enlightening journey through time as we explore the fascinating history of the Olympic Games. From the ancient origins in Greece to the modern global spectacle, this lecture will delve into the evolution, triumphs, and cultural impact of the Olympics. Discover how athletes from different eras have inspired generations and embodied the Olympic spirit. Don't miss this opportunity to celebrate the enduring legacy of the Games!

### Presidents Day Celebration

**Thursday, February 12<sup>th</sup> – 12:00 p.m. – 1:00 p.m.**

Join us as we celebrate Presidents Day by honoring the birthdays of all those who have served as the President of the United States. Enjoy a day filled with special guests, live patriotic music, a delicious lunch, and engaging presidential trivia!

### Valentine's Day Celebration

**Friday, February 13<sup>th</sup> – 12:00 p.m. – 1:00 p.m.**

We absolutely adore our members and would be delighted to celebrate Valentine's Day with you! Join us for an exquisite lunch, beautiful live music, and some delightful treats. It's the perfect way to share the love and joy of this special day together

### Mardi Gras Celebration

**Tuesday, February 17<sup>th</sup> – 12:00 p.m. – 1:00 p.m.**

Come and enjoy "Fat Tuesday" with us! Enjoy some incredible music and food, and then get ready to dance!

### Chinese New Year Celebration

**Wednesday, February 18<sup>th</sup> – 12:00 p.m. – 1:00 p.m.**

Happy Chinese New Year! Join us for some delicious food, special guests, and wonderful live music. The animal sign for this year is the Horse

### February Birthday Celebration

**Friday, February 20<sup>th</sup> – 12:45 p.m.**

Join us as we celebrate the February 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!

### Liza Minnelli Tribute Show

**Tuesday, February 24<sup>th</sup> – 1:00 p.m.**

Join us for an unforgettable afternoon as we pay tribute to the legendary Liza Minnelli! Our tribute show will feature her greatest hits, taking you on a musical journey through her iconic career. Don't miss this chance to relive classic songs and cherish the timeless music of Liza Minnelli. Mark your calendars for an afternoon of nostalgia and entertainment.

### Circle of Friends (Open to Everyone)

**Wednesday, February 25<sup>th</sup> – 6:00 p.m. – 8:00 p.m.**

Get ready for an evening filled with toe-tapping tunes, delicious food, and joyous camaraderie. This special event is open to EVERYONE of ALL ages and will feature a crowd favorite: **The Rock Island Sound** Tickets need to be purchased ahead of time for \$10. Don't miss out on this incredible night!

### Paint Party

**Friday, February 27<sup>th</sup> – 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.

## FEBRUARY HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

The Glen Cove Adult Day Program sends our warmest wishes to all during this month of love! We hope you feel loved this Valentine's Day, and that you are keeping cozy during the brisk winter months. We wish our Aquarius and Pisces friends happy birthdays this month! We have many activities planned in ADP to keep us busy and active, including a Valentine's Day party with live music! We will also acknowledge Black History Month, Presidents' Day, Groundhog Day, the Lunar New Year, and Mardi Gras. We will incorporate themes like Aquarius, Pisces, love, romance, football/Superbowl Sunday, winter wildlife, bird feeding, and letter writing into our activities. There will be discussions and activities based on several famous figures, including Presidents of the United States, Susan B. Anthony, Rosa Parks, and Norman Rockwell. ADP has a well-rounded schedule to help our participants fight the cold and stay stimulated during the cold weather!

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. We have Music Therapy through the National Enrichment Group, which allows us to creatively express ourselves and reduce stress. We have a great time doing gardening projects and learning about different plants, herbs, and flowers during our Horticulture Therapy program. We will enjoy another session of the film reminiscence program brought to us by Marcy Rhodes titled "*Memories at the Movies.*" ADP hosts artistic virtual programming that is brought to us through the Long Island Museum in Stony Brook, which is titled "*In the Moment.*" This art-viewing and art-making program allows us to create our own work after exploring the museum's exhibits. ADP loves hosting college interns for intergenerational learning, and we have Nursing students interning with us from Long Island University at C.W. Post and Occupational Therapy students interning from the New York Institute of Technology. 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. ADP will be taking a trip this month to the Nassau County Museum of Art in Roslyn for a "*Meet Me in the Galleries*" program, which includes an art-making session. We will also be taking a trip to the Tilles Center for a jazz performance. 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](mailto:afreeman@glencoenvy.gov).

Looking forward to seeing you soon!

-Amanda, Melanie, and the entire team in ADP

**Creative Captures!**  
Participants dove into some winter blues-busting activities:  
-Personality Pages  
-Snowflake suncatchers  
-Early valentines





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

| MONDAY   | TUESDAY  | WED   |
|--|--|---|
| <p>9:05 – Brain Booster Club 9:05 – Crocheting<br/> 10:30 – Exercise w/ YMCA<br/> 11:00 – Rummikub Club<br/> <b>12:00 – GROUNDHOG DAY CELEBRATION</b><br/> <b>1:00 – PHONE PHOTOGRAPHY CLASS w/ Roni</b><br/> 1:00 – Bingo<br/> 1:00 – Canasta, Mahjong, &amp; Bridge<br/> 1:15 – ZUMBA w/ Nilo</p> <p style="text-align: center;"><b>NATIONAL PIZZA DAY</b></p> <p>9:05 – Brain Booster Club<br/> 9:05 – Crocheting w/ Friends<br/> 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club<br/> <b>1:00 – COOKING w/ KEITH Pizza Cups</b><br/> <b>Reservations Required. Limited Space.</b><br/> 1:00 – Canasta, Mahjong, &amp; Bridge<br/> 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping<br/> 2:00 – Bingo 2:30 – Tai Chi w/ Spencer</p> | <p>2</p> <p>10:00 – Painting &amp; Drawing w/ Chuck<br/> <b>10:45 – VIDEO SERIES</b><br/> 11:00 – Total Body Fitness w/ Marvin<br/> <b>11:00 – Bereavement Group with COMHPS</b><br/> 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula<br/> 1:00 – Yoga &amp; Pilates w/ Karen<br/> <b>1:00-3:00 – WEATHERIZATION WORKSHOP</b><br/> 1:00 – Canasta, Mahjong, &amp; Bridge 1:00 – Bingo</p> <p>3</p> <p>10:00 – Painting &amp; Drawing w/ Chuck<br/> <b>10:45 – VIDEO SERIES</b><br/> 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula<br/> 11:00 – Total Body Fitness w/ Marvin<br/> 1:00 – Yoga &amp; Pilates w/ Karen<br/> 1:00 – Canasta, Mahjong, &amp; Bridge<br/> 1:00 – Bingo<br/> 1:00 – Ping Pong</p> | <p>9:05 – Seniorobics w/<br/> 9:05 – Learn to Knit &amp;<br/> <b>9:45-10:45 – FA INTER</b><br/> 10:15 – Stretching &amp; St<br/> 11:00 – Rummikub Club<br/> <b>12:00 – BLACK HISTOR</b><br/> 1:00 – Canasta, Mahjo<br/> <b>1:00 – BLACK HISTOR</b><br/> 2:00 – Chair Yoga, To</p> <p>10</p> <p>9:05 – Seniorobics w/<br/> 9:05 – Learn to Knit &amp;<br/> 10:15 – Stretching &amp; St<br/> 11:00 – Rummikub Club<br/> 1:00 – Bingo<br/> 1:00 – Canasta<br/> 1:00 – Mahjong &amp; Bri<br/> 2:00 – Chair Yoga, To</p> |
| <p style="text-align: center;"><b>THE SENIOR CENTER IS CLOSED</b></p>   | <p>16</p> <p><b>AARP TAX ASSISTANCE RSVP</b></p> <p>10:00 – Painting &amp; Drawing w/ Chuck<br/> 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia<br/> <b>11:00 – Bereavement Group with COMHPS</b><br/> 11:00-2:00 – Manicures w/ Ursula<br/> <b>12:00 – MARDI GRAS CELEBRATION</b><br/> 1:00 – Yoga &amp; Pilates w/ Karen<br/> 1:00 – Canasta, Mahjong, &amp; Bridge<br/> 1:00 – Bingo 1:00 – Ping Pong</p>  | <p>17</p> <p>9:05 – Seniorobics w/<br/> 9:05 – Learn to Knit &amp;<br/> 10:15 – Stretching &amp; St<br/> 11:00 – Rummikub Club<br/> <b>12:00 – CHINESE NEW</b><br/> 1:00 – Bingo<br/> 1:00 – Canasta<br/> 1:00 – Mahjong, &amp; Bri<br/> <b>1:15 – ADDISON GOL</b><br/> 2:00 – Chair Yoga, To</p>   |
| <p>9:05 – Brain Booster Club<br/> 9:05 – Crocheting w/ Friends<br/> <b>10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only)</b><br/> <b>10:00 – 12:00 – MOLLOY U MOBILE CLINIC</b><br/> 10:30 – Exercise w/ YMCA<br/> 11:00 – Rummikub Club<br/> <b>1:00 – NUTRITION LECTURE</b><br/> 1:00 – Bingo, Canasta, Mahjong, &amp; Bridge<br/> 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping</p>   | <p>23</p> <p>10:00 – Painting &amp; Drawing w/ Chuck<br/> <b>10:45 – VIDEO SERIES</b> 11:00 – Trivia<br/> 11:00-2:00 – Manicures w/ Ursula<br/> 11:00 – Total Body Fitness w/ Marvin<br/> 1:00 – Yoga &amp; Pilates w/ Karen<br/> 1:00 – Canasta, Mahjong, &amp; Bridge<br/> <b>1:00 – LIZA MINNELLI TRIBUTE SHOW</b><br/> 2:00 – Bingo 2:00 – Ping Pong</p>   | <p>24</p> <p>9:05 – Seniorobics w/<br/> 9:05 – Learn to Knit &amp;<br/> 10:15 – Stretching &amp; St<br/> 11:00 – Rummikub Club<br/> 1:00 – Bingo, Canasta<br/> 2:00 – Chair Yoga, To<br/> <b>6:00 – 8:00 – ROCK IS</b><br/> <b>DINNER INCLUDED R</b></p>  |
| <p><b><u>MARK YOUR CALENDARS:</u></b></p> <p><b>2/2 – GROUNDHOG DAY CELEBRATION</b><br/> <b>2/4 – BLACK HISTORY MONTH CELEBRATION</b><br/> <b>2/6 – WINTER OLYMPICS CELEBRATION</b><br/> <b>2/12 – PRESIDENTS DAY CELEBRATION</b><br/> <b>2/13 – VALENTINES DAY LUNCHEON</b><br/> <b>2/17 – MARDI GRAS CELEBRATION</b><br/> <b>2/18 – CHINESE NEW YEAR LUNCHEON</b><br/> <b>2/24 – LIZA MINNELLI TRIBUTE SHOW</b></p>  | <p><b><u>TRIPS ON SALE NOW:</u></b></p> <p><b>2/11</b> – The Rat Pack is Back Musical<br/> <b>3/4</b> – The Outsiders on Broadway<br/> <b>3/11</b> – Newsies Musical Argyle<br/> <b>3/25</b> – Dear Evan Hansen Gateway<br/> <b>3/26</b> – Imagine India Tilles<br/> <b>4/1</b> – Shen Yun Lincoln Center<br/> <b>4/15</b> – Life On Our Planet Tilles</p>   | <p><b>A</b></p> <p><b><u>FREE TAX</u></b><br/> <b>FEBRU</b><br/> <b>APPOINTME</b><br/> Call (516) 759-9610</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

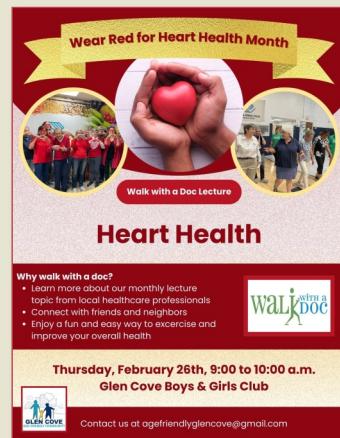
| WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|---|
| / Fran 4<br>Crochet w/ Kate<br><b>GENERATIONAL TALKS</b><br>Strength Training w/ Nick<br>b<br><b>W MONTH CELEBRATION</b><br>ng, & Bridge 1:00 – Bingo<br><b>Y MONTH GAME SHOW</b><br>ning, & Balance w/ Nilo | 9:05 – Brain Booster Club<br>10:15 – Card & Board Games<br><b>10:30 – CC Board Meeting</b><br>11:00 – Exercise w/ YMCA<br>11:00-2:00 – Manicures w/ Ursula<br><b>1:00-2:00 – GOLDEN GALLERY RECEPTION</b><br>1:00 – Canasta & Mahjong 1:30 – Centre Club<br>1:15 – Food Shopping 2:00 – Billiards Club   | 5<br>9:05 – Seniorobics w/ Fran<br>9:05 – Crocheting w/ Friends<br>10:30 – Site Council <b>11:00 – BOOK CLUB</b><br>11:00 – Trivia<br>11:00 – Stretching & Meditation w/ Nick<br><b>12:00 – WINTER OLYMPICS CELEBRATION</b><br><b>1:00 – WINTER OLYMPICS LECTURE</b><br>1:00 – BINGO 1:15 – CANASTA & Bridge<br>1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer   |
| <b>WEEK IS BACK TRIP</b> 11<br>/ Fran<br>& Crochet w/ Kate<br>Strength Training w/ Nick<br>b<br>Bridge<br>ning, & Balance w/ Nilo  | 9:05 – Brain Booster Club<br>10:15 – Card & Board Games<br>11:00 – Exercise w/ YMCA<br>11:00-2:00 – Manicures w/ Ursula<br><b>11:00 – American Legion Meeting</b><br><b>12:00 – PRESIDENTS DAY CELEBRATION</b><br><b>1:00 – SOCIAL CLUB GAME DAY</b> 1:00 – LILA<br>1:00 – Canasta & Mahjong 1:15 – Food Shopping<br>2:00 – Billiards Club   | 12<br>9:05 – Seniorobics w/ Fran<br>9:05 – Crocheting w/ Friends<br><b>10:00-11:30 – SEWING CLUB w/ Stephanie</b><br>11:00 – Trivia 11:00 – Rummikub Club<br>11:00 – Stretching & Meditation w/ Nick<br><b>11:00 – PHONE PHOTOGRAPHY CLASS w/ Roni</b><br><b>12:00 – VALENTINE'S DAY CELEBRATION – Sponsored by Emerge &amp; GC Rehabilitation</b><br>1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi |
| / Fran 18<br>& Crochet w/ Kate<br>Strength Training w/ Nick<br>b<br><b>YEAR LUNCHEON</b><br>Bridge<br><b>EDSMITH PERFORMANCE</b><br>ning, & Balance w/ Nilo  | <b>9:00 – WALK WITH A DOC – B&amp;G Club</b> 19<br>9:30 – 12:00 – SNAP By Appointment<br>10:15 – Card & Board Games<br><b>10:30 – CC Board Meeting</b><br><b>10:30 – RECYCLED CRAFTS</b><br>11:00 – Exercise w/ YMCA<br>11:00-2:00 – Manicures w/ Ursula<br><b>1:00-2:00 – GOLDEN GALLERY RECEPTION</b><br>1:00 – Canasta & Mahjong 1:30 – Centre Club<br>1:15 – Food Shopping 2:00 – Billiards Club | 9:05 – 12:00 <b>HEALTH ASSESSMENTS</b> 20<br>9:05 – Seniorobics w/ Fran<br>9:05 – Crocheting w/ Friends<br>11:00 – Trivia 11:00 – Rummikub Club<br>11:00 – Stretching & Meditation w/ Nick<br><b>12:45 – FEBUARY BIRTHDAY'S CELEBRATION</b><br>1:15 – Bingo 1:15 – Canasta & Bridge<br>1:15 – Line Dancing <b>1:15 – ETHICS LECTURE</b><br>2:30 – Tai Chi w/ Spencer                                  |
| / Fran<br>& Crochet w/ Kate<br>Strength Training w/ Nick<br>b<br>, Mahjong, & Bridge<br>ning, & Balance w/ Nilo<br><b>ROCK ISLAND SOUND BAND \$10</b><br><b>RESERVATIONS REQUIRED</b>                        | <b>9:00 – WALK WITH A DOC – B&amp;G Club</b> 26<br>9:05 – Brain Booster Club<br><b>10:30 – ARTS &amp; CRAFTS CLUB w/ Marjorie</b><br>11:00 – Exercise w/ YMCA<br>11:00-2:00 – Manicures w/ Ursula<br><b>1:00 – MOVIE</b><br>1:00 – Canasta & Mahjong<br>1:15 – Food Shopping 2:00 – Billiards Club   | 27<br>9:05 – Seniorobics w/ Fran<br>9:05 – Crocheting w/ Friends<br><b>10:00-11:30 – SEWING CLUB w/ Stephanie</b><br>11:00 – Trivia 11:00 – Rummikub Club<br>11:00 – Stretching & Meditation w/ Nick<br>1:00 – Bingo 1:00 – Canasta & Bridge<br><b>1:15 – PAINT PARTY w/ Alicia</b><br>1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer  |
| <b>APRIL ASSISTANCE</b><br><b>ARY 18<sup>TH</sup></b><br><b>ENT REQUIRED</b><br>for more information   | <b>NEW CLASSES!</b><br><b>COOKING WITH KEITH</b><br>Learn to cook easy, nutritious meals with a professional chef in a fun and social way.<br><b>EXPLORING ETHICS</b><br>Discuss real-life ethical questions and everyday decision-making in an open, engaging group setting.  | <b>CIRCLE OF FRIENDS</b><br>An evening for <b>EVERYONE</b> of ALL ages<br>Enjoy food, music, and dancing!<br><b>FEBRUARY 25 6:00pm-8:00pm</b><br><b>Includes Dinner! Tickets ONLY \$10!</b><br><b>ROCK ISLAND SOUND BAND</b>  |

## AGE-FRIENDLY FEBRUARY ACTIVITIES

### Heart Health Walk Month

Come raise your heart rate with us for our special Heart Health Month **Walk with a Doc on Thursday, February 26th at 9:00 am!** We will be joined by **Dr. Brittney Grella**, Family Medicine Physician at Northwell Health and Assistant Professor at the Zucker School of Medicine at Hofstra University. Wear red to show your support for heart health!

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 at the front desk.



### Dementia Risk Reduction Collaborative Meeting

You are invited to attend the Long Island Dementia Risk Reduction Collaborative Virtual Meeting on **Thursday, February 5, 2026 from 9:00-11:30 a.m.**! Age-Friendly Glen Cove will be a presenter, but it is an opportunity to learn about how different local community-based organizations and agencies are piloting programs to support healthy brain habits and reduce dementia risk.

This Zoom-based webinar is organized by the Long Island Chapter of the Alzheimer's Association and Hofstra University. Reach out to [claudia.e.melandez@hofstra.edu](mailto:claudia.e.melandez@hofstra.edu) for more information. 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 [glencoveredisabilitytaskforce@gmail.com](mailto:glencoveredisabilitytaskforce@gmail.com).

### Unleash Your Creativity with Upcycled Postcards

On **Thursday, February 19th at 10:30 am**, join the **Eco-Friendly Upcycling Club** as we make postcards from post-consumer materials. Take these postcards home to give to loved ones or contribute them to our Mail Art Network. Feel free to bring paper goods to incorporate into your collages, but the most important thing is to bring your creativity! We will provide tools and instruction.



*Everyone was displaying a whole lot of love for Age -Friendly Glen Cove's 'Walk with a Doc' Program.*

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



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# LUNCH MENU FEBRUARY 2026

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| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <b>2</b><br>SPLIT PEA SOUP*<br>BEEF STEW W/<br>POTATOES<br>CARROTS, CELERY &<br>ONIONS<br>NOODLES<br>WHEAT BREAD<br><i>FRUIT CUP *</i><br>OR SEAFOOD SALAD IN A<br>TORTILLA W/ L & T<br>PASTA SALAD           | <b>3</b><br>TOMATO SOUP*<br>BREADED CHICKEN<br>CUTLET W/ GRAVY<br>MASHED POTATOES<br>SPINACH<br>WHEAT BREAD<br><i>JELLO*</i><br>OR CHICKEN SALAD IN A<br>TORTILLA W/ L & T<br>POTATO SALAD                                      | <b>4</b><br>CHICKEN NOODLE SOUP*<br>LOIN OF PORK W/<br>GRAVY<br>ROASTED POTATOES<br>RED BEETS<br>RYE BREAD<br><i>APPLESAUCE*</i><br>OR TUNA SALAD<br>ON RYE W/ L & T<br>COLESLAW                             | <b>5</b><br>CREAM OF BROCCOLI<br>SOUP*<br>SWEDISH MEATBALLS<br>OVER NOODLES<br>GREEN BEANS<br>ITALIAN BREAD<br><i>CHOCOLATE PUDDING *</i><br>OR EGG SALAD ON<br>WHEAT W/ L & T<br>GREEN BEAN SALAD                            | <b>6</b><br>LENTIL SOUP*<br>JUMBO RAVIOLI W/ MEAT<br>SAUCE<br>BROCCOLI<br>ROLL<br><i>BANANA*</i><br>OR SLICED TURKEY ON<br>RYE W/ L & T & MAYO,<br>BROCCOLI SALAD  |
| <b>9</b><br>BUTTERNUT SQUASH<br>SOUP*<br>MEATLOAF W/ GRAVY<br>MASHED POTATOES<br>GREEN BEANS<br>WHEAT BREAD<br><i>BANANA*</i><br>OR SLICED TURKEY ON<br>RYE W/ L & T & MAYO,<br>GREEN BEAN SALAD              | <b>10</b><br>LENTIL SOUP*<br>SAUSAGE & PEPPERS W/<br>MARINARA SAUCE<br>PENNE PASTA W/<br>MARINARA SAUCE<br>TOSSED SALAD<br>WHEAT BREAD<br><i>VANILLA PUDDING*</i><br>OR SEAFOOD SALAD IN<br>A TORTILLA W/ L & T<br>TOSSED SALAD | <b>11</b><br>MINESTRONE SOUP*<br>SPAGHETTI &<br>MEATBALLS<br>BROCCOLI<br>ITALIAN BREAD<br><i>PEACHES*</i><br>OR CHICKEN SALAD IN A<br>TORTILLA W/ L & T<br>BROCCOLI SALAD                                    | <b>12</b><br>SPLIT PEA SOUP*<br>CHICKEN PICATTA<br>NOODLES<br>GREEN BEANS<br>RYE BREAD<br><i>FRUIT CUP*</i><br>OR TUNA SALAD<br>ON RYE W/ L & T<br>GREEN BEAN SALAD   | <b>13</b><br><i>JUICE*</i><br>POT ROAST W/ GRAVY<br>ROASTED POTATOES<br>PEAS & CARROTS<br>WHEAT BREAD<br><i>ICE CREAM*</i><br>OR EGG SALAD ON<br>WHEAT W/ L & T<br>PEA SALAD                               |
| <b>16</b> <b>CLOSED FOR</b><br>  | <b>17</b><br>VEGETABLE SOUP*<br>ROASTED TURKEY W/<br>GRAVY<br>MASHED POTATOES<br>GREEN BEANS<br>RYE BREAD<br><i>PEACH HALVES*</i><br>OR HAM & CHEESE ON<br>RYE W/ L&T & MUSTARD<br>GREEN BEAN SALAD                             | <b>18</b><br>TOMATO RICE SOUP*<br>STUFFED SHELLS W/<br>MARINARA SAUCE<br>ITALIAN VEGETABLES<br>ITALIAN BREAD<br><i>CHOCOLATE PUDDING*</i><br>OR SEAFOOD SALAD IN A<br>TORTILLA W/ L & T<br>COLESLAW          | <b>19</b><br>SPLIT PEA SOUP*<br>HAMBURGER ON A BUN<br>W/ L&T & KETCHUP<br>SWEET POTATO FRIES<br>WHEAT BREAD<br><i>BANANA*</i><br>OR CHICKEN SALAD IN A<br>TORTILLA W/ L & T<br>POTATO SALAD                                   | <b>20</b><br>POTATO CHOWDER<br>SOUP*<br>STUFFED CHICKEN W/<br>SPINACH & CHEESE<br>YELLOW RICE<br>BROCCOLI<br>WHEAT BREAD<br><i>BIRTHDAY CAKE*</i><br>OR TUNA SALAD<br>ON RYE W/ L & T<br>BROCCOLI SALAD    |
| <b>23</b><br>CREAM OF BROCCOLI-<br>SOUP*<br>CHICKEN PARMIGIANA<br>PENNE PASTA W/<br>MARINARA SAUCE<br>ITALIAN VEGETABLES<br>ITALIAN BREAD<br><i>JELLO*</i><br>OR TUNA SALAD<br>ON RYE W/ L & T<br>PASTA SALAD | <b>24</b><br>BEEF BARLEY SOUP*<br>BEEF TACO W/<br>SHREDDED LETTUCE<br>TOMATOES & CHEESE<br>ON TORTILLA, MEXICAN<br>RICE & BEANS<br>WHEAT BREAD<br><i>BANANA*</i><br>OR EGG SALAD ON<br>WHEAT W/ L & T<br>POTATO SALAD           | <b>25</b><br>POTATO CHOWDER<br>SOUP*<br>CHICKEN MARSALA<br>MASHED POTATOES<br>ITALIAN VEGETABLES<br>RYE BREAD<br><i>PEAR HALVES*</i><br>OR SLICED TURKEY AND<br>SWISS ON RYE W/ L & T &<br>MAYO,<br>COLESLAW | <b>26</b><br>LENTIL SOUP*<br>BAKED ZITI W/<br>EGGPLANT ROLLATINI<br>TOSSED SALAD<br>ITALIAN BREAD<br><i>FRUIT CUP*</i><br>OR SEAFOOD SALAD IN A<br>TORTILLA W/ L & T<br>TOSSED SALAD  | <b>27</b><br>TOMATO RICE SOUP*<br>BREADED FISH W/<br>TARTAR SAUCE<br>ROASTED POTATOES<br>CAULIFLOWER<br>ROLL<br><i>VANILLA PUDDING*</i><br>OR CHICKEN SALAD IN A<br>TORTILLA W/ L & T<br>CAULIFLOWER SALAD |
|   |   |  | <b>PLEASE NOTE:</b><br>IN ORDER TO<br>RESERVE THE MEAL<br>YOU DESIRE LUNCH<br>RESERVATIONS MUST<br>BE MADE <b>BY NOON</b><br>AT LEAST<br><b>TWO BUSINESS DAY</b><br>PRIOR TO THE DAY<br>YOU ARE COMING IN<br><b>THANK YOU</b> | * SOUP & DESSERT<br>COMES WITH BOTH<br>MEALS<br><br>FOR LUNCH<br>RESERVATIONS<br>AND/OR BUS<br>TRANSPORTATION<br>PLEASE CALL<br>(516) 676-6182   |