

ISSUE 82

MARCH 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

CONTACT INFORMATION

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Please like us on Facebook:

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Senior Celebrations

Our vibrant members come together to revel in a variety of joyous celebrations and exciting activities at the center!

A LETTER FROM OUR DIRECTOR

Dear Readers,

February certainly was a busy month! We had many celebrations and special events and every single one was a true success. I want to thank the wonderful staff of the Center for always giving 100% of their heart and soul to all of our members. I am extremely grateful and the Center could never run as smoothly as it does, without each and every one of them!

Our calendar for March is full of our regular programming, but this month we have a few extra classes to share. I am so happy to announce that we have a new Spanish Assistance Group starting on Tuesdays from 11:15 am – 11:45 am. Advocate Ivonne Alvarez will be leading the group and will assist our wonderful Spanish speaking members with translation of the schedule, menu and special events, as well as helping with technology, healthcare and resource questions. This is a wonderful new service as we want to cater to all members and language barriers can sometimes be difficult. In addition, we are starting a pen pal club with the local elementary school students. The seniors and students will get to know each other through their letters, which is such a wonderful way to stay connected. Lastly, the County has provided us with a new class called Bingocize! It will take place on the first and third Friday of the month. Members will exercise while playing bingo. How much more fun can you have than that!

This month is also one of my favorite month's as we get to celebrate St. Patrick's Day. Our celebration will take place on Tuesday, March 17th. We will be having delicious corn beef and cabbage and traditional Irish music to dance to. In addition, the Glen Cove St. Patrick's Day parade will take place on Sunday, March 22nd. Two of our buses will be participating in the parade if you'd like to ride along or if you are so inclined, you can even walk the parade route with me, Eric and many of our seniors. Our Center will be open for those who would like to have some coffee, tea and snacks and watch the parade from the comfort of our beautiful lobby or outside of the building. It is a wonderful and festive day, so I encourage you all to join us in celebrating the Irish heritage.

Please note that there are still a few openings for free AARP tax help here at the Center on Tuesday, March 24th. Please call and speak with Linda or Christina to schedule a time to come in and have your tax return completed.

I wish you all a bright and cheery March and look forward to seeing you all at the Center!

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!

MARCH HAPPENINGS AT THE GLEN COVE SENIOR CENTER

FREE March Bingo:

March 6th at 1:00pm – **Sponsored by Emerge & Glen Cove Center for Rehabilitation**

March 10th at 1:00pm – **Sponsored by Glengariff Rehab & Healthcare**

NEW MARCH PROGRAM:

Bingocize:

March 6th & 20th at 11:00am

Get ready for fun and fitness with Bingocize – a lively program that combines classic bingo with easy exercises! Each session brings laughter, movement, and friendly competition, helping you build strength, improve balance, and stay sharp while socializing. Join the fun and keep your body and mind at their best!

Golden Gallery Reception (Open to Everyone)

Thursday, March 5th from 1:00pm – 2:00pm

Join us for our Golden Gallery Reception featuring the stunning artwork of Marsha Tarlow. A gifted painter and longtime art teacher at the Roslyn School of Painting, Marsha's dedication shines in every piece. Enjoy an inspiring afternoon of creativity and conversation, along with light refreshments, as we celebrate her remarkable talent.

Senior Citizen Prom at Friends Academy

(Reservations Required)

Thursday, March 5th from 4:30pm – 7:00pm

Get ready for an unforgettable evening! For over 10 years, Friends Academy has hosted the Senior Citizen Prom, filled with joy and laughter. Enjoy a catered dinner, lively music, student presentations, dancing, and activities. It's one of the year's most anticipated events, and we can't wait to celebrate together!

Banjo Rascals Irish Music Performance

Monday, March 16th at 1:00 p.m.

Get ready to celebrate St. Patrick's Day with the Banjo Rascals! Enjoy traditional Irish music, including lively jigs and spirited reels that will make you want to dance. Whether you're Irish by heritage or just at heart, it's a joyful way to embrace the rich culture of Ireland. beloved seniors! Enjoy good food, good company, and good fun. Don't miss out on the festivities!

St. Patrick's Day Luncheon

Tuesday, March 17th from 12:00pm – 1:00pm

Join us for a delightful St. Patrick's Day Luncheon! Enjoy authentic Irish tunes and a delicious lunch while celebrating with friends and neighbors. We'll have special guests to make the day even more exciting. Don't miss the chance to celebrate together – we look forward to seeing you!

Circle of Friends (Open to Everyone)

Wednesday, March 8th – 6:00 p.m. – 8:00 p.m.

Join us at our Circle of Friends event with The Dance Mechanics! This high-energy, 12-piece party band will play two hours of live music, featuring a mix of classic rock, funk, R&B, pop, and dance hits. Open to all ages, enjoy great tunes, a delicious dinner, and lots of dancing. Tickets are just \$10—bring your friends and family.

St. Patrick's Day Parade

Sunday, March 22nd from 12:00pm – 2:30pm

Join us for St. Patrick's Day as the parade passes by our Center! Enjoy hot coffee, tea, and tasty treats in a comfortable space. You can relax indoors, march with us, or ride our bus along the parade route. Bring your friends and family, wear green, and celebrate the joy and community spirit of this tradition!

Baseball in American Culture

Tuesday, March 24th at 1:00pm

Join us for an engaging lecture by award-winning journalist and author Evan Weiner, who explores how baseball has influenced and reflected American life. With decades of experience covering sports, politics, and culture, Evan brings a wealth of knowledge and captivating stories. Discover how baseball became a key part of American identity, from its origins to its role in pop culture and social change. Whether you're a life-long fan or just curious, this talk promises insight and nostalgia.

Piano Men: Celebrating the iconic music of Billy Joel & Elton John

Music Performance Featuring Jay Daniels

Monday, March 30th at 1:00pm

Join us for Piano Men: Celebrating the Music of Billy Joel & Elton John, featuring the incredible Jay Daniels! Enjoy timeless hits and sing-along favorites in a high-energy performance that brings these legendary artists to life. Get ready to tap your toes and smile from start to finish!

The Magical World of Pete Budraitis

Tuesday, March 31st at 1:00pm

Don't miss this captivating show featuring mind-bending illusions! Pete, a master entertainer with quick wit and engaging personality, combines classic sleight-of-hand with modern style. His performances keep audiences of all ages smiling. A magic fan or just looking for a great time, this promises pure joy and wonder for everyone!

These are just a few of the many events at our center please check our website for more information.

MARCH HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

The Glen Cove Adult Day Program wishes you a Happy St. Patrick's Day and a lucky March! A popular old Irish proverb states, "...for each petal on the shamrock, this brings a wish your way... Good health, good luck, and happiness, for today and every day." The first day of Spring will be on March 20th, and we look forward to the sense of renewal and rejuvenation that this new season brings. This month, we wish our Pisces and Aries friends happy birthdays! In March, ADP will celebrate and acknowledge St. Patrick's Day, Ash Wednesday, Astrology Day, Spring, daffodils, birds/Robins, rainbows, storytelling, International Women's Day, Music Therapy Day, the March equinox, Holi, and Purim. We are excited for these themes and the corresponding activities, as well as our in-house St. Patrick's Day party featuring live musical entertainment! In addition, we will have a live musical performance for our Spring celebration this month, which is generously sponsored by Mike McClernon.

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 regularly through the National Enrichment Group, which allows us to express ourselves and reduce stress creatively. We have a great time doing gardening projects and learning about different plants, herbs, and flowers during our Horticulture Therapy program. 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. Our participants have enjoyed the lively conversations and learning experiences with both sets of students. 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 Tilles Center for a dance program. 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 March 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@glencoveny.gov.

Looking forward to seeing you soon!-Amanda, Melanie, and the entire team in ADP



Community and Connection

ADP shares countless days filled with laughter, joy, and camaraderie! Participants, staff, and students unite to dance, create, and sing their hearts out as we celebrate the magic of winter.





March 2026

Glen Cove Senior Center

130 Glen Street, Glen Cove, NY 11542
516-759-9610



MONDAY	TUESDAY	WEDNESDAY
9:05 – Crocheting w/ Friends 2 10:00 – 12:00 TECH ASSISTANCE w/ Keith 10:30 – Exercise w/ YMCA 10:45 – VIDEO SERIES 11:00 – Rummikub Club 12:00 – WOMEN’S HISTORY MONTH LUNCHEON 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 3 11:00 – Total Body Fitness w/ Marvin 11:00 – Bereavement Group with COMHPS 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 11:15– SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 – KNOW YOUR HOUSING RIGHTS LECTURE 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Ping Pong	THE OUTSIDERS 9:05 – Seniorobics w/ [unclear] 9:05 – LEARN TO KNIT 10:15 – Stretching & Str 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Mahjong & Brid 1:00 – Canasta 2:00 – Chair Yoga, Ton
NATIONAL CEREAL DAY 9 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:00 – NATIONAL CEREAL DAY GAMESHOW 1:00 – GAMBLING AWARENESS & WELLNESS 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 10 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 11:15– SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Canasta, Mahjong, & Bridge 1:00 – FREE BINGO w/ PRIZES Sponsored By: Glengariff Rehab & Healthcare 2:30 – INTERACTIVE LIVE TOUR: CANADA	NEWSIES PORTLEDGE 9:05 – Seniorobics w/ [unclear] 9:05 – LEARN TO KNIT 10:15 – Stretching & Str 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Canasta, Mahjo 2:00 – Chair Yoga, Ton
9:05 – Brain Booster Club 16 9:05 – Crocheting w/ Friends 10:00 – 12:00 TECH ASSISTANCE w/ Keith 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:00 – MUSIC JAM w/ Jeff 1:00 – BANJO RASCALS Irish Music Performance 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 17 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00 – Bereavement Group with COMHPS 11:00-2:00 – Manicures w/ Ursula 11:15– SPANISH ASSISTANCE GROUP w/ Ivonne 12:00 – ST. PATRICK’S DAY LUNCHEON 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong	9:05 – Seniorobics w/ [unclear] 9:05 – LEARN TO KNIT 10:15 – Stretching & Str 9:45-10:45 – FA INTER 11:00 – Rummikub Club 1:00 – Bingo, Canasta, 2:00 – Chair Yoga, Ton 6:00 – 8:00–THE DANC DINNER INCLUDED RE
9:05 – Brain Booster Club 23 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 10:45 – VIDEO SERIES 11:00 – Rummikub Club 1:00 – NUTRITION LECTURE 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	AARP TAX ASSISTANCE RSVP REQUIRED 24 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:15– SPANISH ASSISTANCE GROUP w/ Ivonne 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 – BASEBALL IN AMERICAN CULTURE Lecture 2:00 – Bingo 2:00 – Ping Pong	THE FULL MON 9:05 – Seniorobics w/ [unclear] 9:05 – LEARN TO KNIT 10:15 – Stretching & Str 1:00 – SOCIAL CLUB K MOCKTAIL & M Sponsored By: Su 2:00 – Bingo, Canasta, 2:00 – Chair Yoga, Ton
9:05 – Brain Booster Club 30 9:05 – Crocheting w/ Friends 10:00 – 12:00 TECH ASSISTANCE w/ Keith 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – JAY DANIELS Music Performance 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 31 11:00 – Total Body Fitness w/ Marvin 11:00 – Bereavement Group with COMHPS 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 11:15– SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 –MAGNIFICENT PETE Magic Show 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Ping Pong	AA FREE TAX / MAR APPOINTME Call (516) 759-9610 f



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

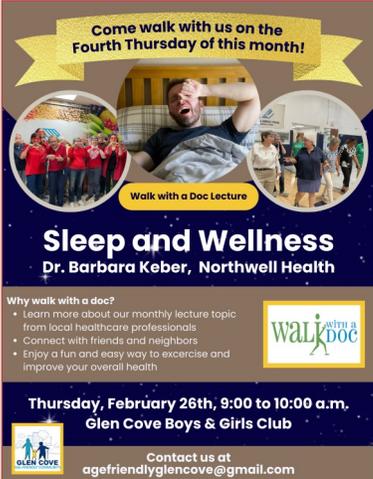
WEDNESDAY	THURSDAY	FRIDAY
BROADWAY TRIP 4 Fran /CROCHET w/ Kate Length Training w/ Nick ge ing, & Balance w/ Nilo	10:15 – Card & Board Games 5 10:30 – CC Board Meeting 11:00 – Exercise w/ YMCA 11:00 – PEN PAL CLUB 11:00-2:00 – Manicures w/ Ursula 1:00-2:00 – GOLDEN GALLERY RECEPTION 1:00 – Canasta & Mahjong 1:30 – Centre Club 1:15 – Food Shopping 2:00 – Billiards Club 4:30-7:00 – FRIENDS ACADEMY SENIOR PROM DINNER INCLUDED RESERVATIONS REQUIRED	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 6 11:00 – BOOK CLUB 11:00 – BINGOCIZE 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/Nick 1:00 – FREE BINGO w/ PRIZES Sponsored By: Emerge & GC Center for Rehab 1:15 – Canasta & Bridge 1:15 – EXPLORING ETHICS 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
MUSICAL TRIP 11 SCHOOL VISIT Fran /CROCHET w/ Kate Length Training w/ Nick ng, & Bridge ing, & Balance w/ Nilo	9:05 – Brain Booster Club 12 10:15 – Card & Board Games 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 11:00 – American Legion Meeting 11:15 – GOLF PUTT CHALLENGE 1:00 – LILA 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran 13 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 – EXPLORING ETHICS 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
Fran 18 /CROCHET w/ Kate Length Training w/ Nick GENERATIONAL TALKS Mahjong, & Bridge ing, & Balance w/ Nilo CE MECHANICS BAND \$10 RESERVATIONS REQUIRED	9:30 – 12:00 – SNAP By Appointment 19 10:15 – Card & Board Games 10:00 – INTERACTIVE LIVE TOUR: IRELAND 10:30 – CC Board Meeting 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 12:15 – OPEN SITE COUNCIL MEETING 1:00 – Canasta & Mahjong 1:30 – Centre Club 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – 12:00 HEALTH ASSESSMENTS 20 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club 11:00 – BINGOCIZE 11:00 – Stretching & Meditation w/ Nick 12:45 – MARCH BIRTHDAY'S CELEBRATION 1:15 – Bingo 1:15 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
CITY MUSICAL TRIP 25 Fran /CROCHET w/ Kate Length Training w/ Nick KARAOKE MINGLE nprise of Glen Cove Mahjong & Bridge ing, & Balance w/ Nilo	IMAGINE INDIA TILLES CENTER TRIP 26 9:00 – WALK WITH A DOC – B&G Club 9:05 – Brain Booster Club 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	9:05 – Seniorobics w/ Fran 27 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
ARP ASSISTANCE MARCH 24TH ENT REQUIRED or more information	ST. PATRICK'S DAY PARADE MARCH 22 JOIN US: March in the Parade Bus in the Parade Watch the Parade from our Center	MARK YOUR CALENDARS: 3/2 – WOMEN'S HISTORY MONTH EVENTS 3/5 – GOLDEN GALLERY RECEPTION 3/16 – BANJO RASCALS PERFORMANCE 3/17 – ST. PATRICK'S DAY LUNCHEON 3/24 – BASEBALL IN AMERICAN CULTURE 3/25 – SOCIAL CLUB KARAOKE MOCKTAILS 3/30 – JAY DANIELS PERFORMANCE 3/31 – MAGNIFICENT PETE MAGIC SHOW

AGE-FRIENDLY MARCH ACTIVITIES

March Walk with a Doc

Did you know that March is Sleep Health Awareness month? On **March 26th** (fourth Thursday of the month), join us at **9:00 am** to learn about healthy sleeping habits and the importance of sleep hygiene from Dr. Barbara Keber, chair of Family Medicine at Glen Cove Hospital (Northwell Health). Starting your day with a low impact physical activity like walking can help you rest easy at night.

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.



Come walk with us on the Fourth Thursday of this month!

Walk with a Doc Lecture

Sleep and Wellness
Dr. Barbara Keber, 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, February 26th, 9:00 to 10:00 a.m.
Glen Cove Boys & Girls Club

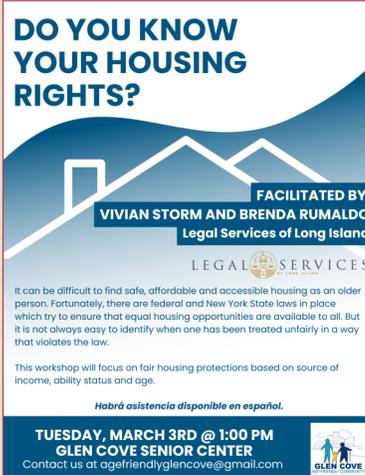
Contact us at agefriendlyglencove@gmail.com

Know Your Housing Rights!

Join us on **Thursday, March 3rd at 1:00 PM** for a workshop with Vivian Storm and Brenda Rumaldo from Legal Services of Long Island.

It can be difficult to find safe, affordable, and accessible housing as an older person. Fortunately, there are federal and New York State laws in place which try to ensure that equal housing opportunities are available to all. But it is not always easy to identify when one has been treated unfairly in a way that violates the law.

This workshop will focus on fair housing protections based on source of income, ability status and age. *This is also an opportunity to learn more about the work of Legal Services of Long Island. Spanish-language facilitation will be available.*



DO YOU KNOW YOUR HOUSING RIGHTS?

FACILITATED BY
VIVIAN STORM AND BRENDA RUMALDO
Legal Services of Long Island

LEGAL SERVICES
OF LONG ISLAND

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This workshop will focus on fair housing protections based on source of income, ability status and age.

Habr  asistencia disponible en espa ol.

TUESDAY, MARCH 3RD @ 1:00 PM
GLEN COVE SENIOR CENTER
Contact us at agefriendlyglencove@gmail.com



Want to get in touch with Age-Friendly Glen Cove? Want to learn more or share an idea? Contact AJ at agefriendlyglencove@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 MARCH 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 LENTIL SOUP* CHICKEN FRANCAISE BROWN RICE GREEN BEANS RYE BREAD VANILLA PUDDING* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD GREEN BEAN SALAD</p>	<p>3 TOMATO RICE SOUP* LOIN OF PORK W/ GRAVY MASHED POTATOES RED BEETS WHEAT BREAD APPLESAUCE* OR SEAFOOD SALAD IN A TORTILLA W/ L & T BEET SALAD</p>	<p>4 POTATO CHOWDER SOUP* BREADED FISH W/ TARTAR SAUCE RICE PILAF MIXED VEGETABLES WHEAT BREAD PEAR HALVES* OR EGG SALAD ON WHEAT W/ L & T COLESLAW</p>	<p>5 SPLIT PEA SOUP* SAUSAGE & PEPPERS W/ MARINARA SAUCE NOODLES BROCCOLI RYE BREAD FRUIT CUP* OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD</p>	<p>6 CREAM OF BROCCOLI- SOUP* BAKED ZITI W/ EGGPLANT ROLLATINI TOSSED SALAD ITALIAN BREAD JELLO* OR CHICKEN SALAD IN A TORTILLA W/ L & T TOSSED SALAD</p>
<p>9 CHICKEN NOODLE SOUP* MEATLOAF W/ GRAVY BAKED POTATO SPINACH WHEAT BREAD BANANA* OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD</p>	<p>10 POTATO CHOWDER SOUP* CHICKEN PICATTA MASHED POTATOES MIXED VEGETABLES RYE BREAD JELLO* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO, 3 BEAN SALAD</p>	<p>11 TOMATO RICE SOUP* BEEF BURRITO W/ SHREDDED CHEESE MEXICAN RICE & BEANS WHEAT BREAD CHOCOLATE PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T MACARONI SALAD</p>	<p>12 LENTIL SOUP* CHICKEN CORDON BLEU (HAM & CHEESE) ROASTED POTATOES GREEN BEANS ROLL PEACH HALVES * OR EGG SALAD ON WHEAT W/ L & T GREEN BEAN SALAD</p>	<p>13 WHITE BEAN SOUP* PENNE ALA VODKA W/ GRILLED CHICKEN BROCCOLI ITALIAN BREAD FRUIT CUP* OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD</p>
<p>16 CREAM OF MUSHROOM- SOUP* STUFFED PEPPERS W/ RICE, BEEF & CHEESE GREEN BEANS WHEAT BREAD PEAR HALVES* OR TUNA SALAD ON RYE W/ L & T GREEN BEAN SALAD</p>	<p>17 JUICE * CORNED BEEF W/ CABBAGE & MUSTARD BOILED POTATOES IRISH SODA BREAD GREEN JELLO* OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD</p>	<p>18 LENTIL SOUP* CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE BROCCOLI ITALIAN BREAD FRUIT CUP* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD BROCCOLI SALAD</p>	<p>19 SPLIT PEA SOUP* SWEDISH MEATBALLS W/ BROWN GRAVY OVER NOODLES PEAS & CARROTS WHEAT BREAD VANILLA PUDDING * OR SEAFOOD SALAD IN A TORTILLA W/ L & T PEA SALAD</p>	<p>20 MINSTRONE SOUP* JUMBO RAVIOLI W/ MARINARA SAUCE ITALIAN VEGETABLES ITALIAN BREAD BIRTHDAY CAKE* OR EGG SALAD ON WHEAT W/ L & T PASTA SALAD</p>
<p>23 CHICKEN NOODLE SOUP* CHICKEN STEW W/ CARROTS, ONIONS, & POTATOES GREEN BEANS WHEAT BREAD CHOCOLATE PUDDING * OR EGG SALAD ON WHEAT W/ L & T POTATO SALAD</p>	<p>24 MINSTRONE SOUP* POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI RYE BREAD FRUIT CUP* OR TUNA SALAD ON RYE W/ L & T GREEN BEAN SALAD</p>	<p>25 BROCCOLI CHEDDER SOUP* KIELBASA W/ SAUERKRAUT ROASTED POTATOES TOSSED SALAD WHEAT BREAD ORANGES* OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD</p>	<p>26 POTATO CHOWDER- SOUP* SAILSBURY STEAK W/ GRAVY FRENCH FRIES BAKED BEANS WHEAT BREAD BANANA* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO, COLESLAW</p>	<p>27 LENTIL SOUP* STUFFED SHELLS W/ MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD PEACH HALVES* OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSED SALAD</p>
<p>30 SPLIT PEA SOUP* CHICKEN TOPPED W/ MOZZARELLA & SPINACH IN A MARSALA SAUCE RICE TOSSED SALAD WHEAT BREAD RICE PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSED SALAD</p>	<p>31 CHICKEN NOODLE SOUP* OPEN FACED TURKEY SANDWICH ON RYE W/ GRAVY MASHED POTATOES MIXED VEGETABLES WHEAT BREAD PEACH HALVES* OR EGG SALAD ON WHEAT W/ L & T GREEN BEAN SALAD</p>		<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</p> <p>FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL (516) 676-6182</p>