



**March 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 – Crocheting w/ Friends <b>2</b> <b>10:00 – 12:00 TECH ASSISTANCE w/ Keith</b> 10:30 – Exercise w/ YMCA <b>10:45 – VIDEO SERIES</b> 11:00 – Rummikub Club <b>12:00 – WOMEN’S HISTORY MONTH LUNCHEON</b> 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 <b>3</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>11:15– SPANISH ASSISTANCE GROUP w/ Ivonne</b> 1:00 – Yoga & Pilates w/ Karen <b>1:00 – KNOW YOUR HOUSING RIGHTS LECTURE</b> 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Ping Pong	<b>THE OUTSIDERS BROADWAY TRIP 4</b> 9:05 – Seniorobics w/ Fran <b>9:05 – LEARN TO KNIT/CROCHET w/ Kate</b> 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Mahjong & Bridge 1:00 – Canasta 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	10:15 – Card & Board Games <b>5</b> <b>10:30 – CC Board Meeting</b> 11:00 – Exercise w/ YMCA <b>11:00 – PEN PAL CLUB</b> 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>4:30-7:00 – FRIENDS ACADEMY SENIOR PROM</b> <b>DINNER INCLUDED RESERVATIONS REQUIRED</b>	9:05 – Seniorobics w/ Fran <b>9:05 – Crocheting 6</b> <b>11:00 – BOOK CLUB 11:00 – BINGOCIZE</b> 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/Nick <b>1:00 – FREE BINGO w/ PRIZES</b> <b>Sponsored By: Emerge &amp; GC Center for Rehab</b> 1:15 – Canasta & Bridge <b>1:15 – EXPLORING ETHICS</b> 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
<b>NATIONAL CEREAL DAY 9</b> 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club <b>11:00 – NATIONAL CEREAL DAY GAMESHOW</b> <b>1:00 – GAMBLING AWARENESS &amp; WELLNESS</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>10</b> 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin <b>11:15– SPANISH ASSISTANCE GROUP w/ Ivonne</b> 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Canasta, Mahjong, & Bridge <b>1:00 – FREE BINGO w/ PRIZES</b> <b>Sponsored By: Glengariff Rehab &amp; Healthcare</b> <b>2:30 – INTERACTIVE LIVE TOUR: CANADA</b>	<b>NEWSIES MUSICAL TRIP 11</b> <b>PORTLEDGE SCHOOL VISIT</b> 9:05 – Seniorobics w/ Fran <b>9:05 – LEARN TO KNIT/CROCHET w/ Kate</b> 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>12</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>11:15 – GOLF PUTT CHALLENGE</b> <b>1:00 – LILA</b> 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran <b>13</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 – EXPLORING ETHICS</b> 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club <b>16</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>11:00 – MUSIC JAM w/ Jeff</b> <b>1:00 – BANJO RASCALS Irish Music Performance</b> 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 <b>17</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>11:15– SPANISH ASSISTANCE GROUP w/ Ivonne</b> <b>12:00 – ST. PATRICK’S DAY LUNCHEON</b> 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong	9:05 – Seniorobics w/ Fran <b>18</b> <b>9:05 – LEARN TO KNIT/CROCHET w/ Kate</b> 10:15 – Stretching & Strength Training w/ Nick <b>9:45-10:45 – FA INTERGENERATIONAL TALKS</b> 11:00 – Rummikub Club 1:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo <b>6:00 – 8:00–THE DANCE MECHANICS BAND \$10</b> <b>DINNER INCLUDED RESERVATIONS REQUIRED</b>	<b>9:30 – 12:00 – SNAP By Appointment 19</b> 10:15 – Card & Board Games <b>10:00 – INTERACTIVE LIVE TOUR: IRELAND</b> <b>10:30 – CC Board Meeting</b> 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula <b>12:15 – OPEN SITE COUNCIL MEETING</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 20</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club <b>11:00 – BINGOCIZE</b> 11:00 – Stretching & Meditation w/ Nick <b>12:45 – MARCH BIRTHDAY’S CELEBRATION</b> 1:15 – Bingo 1:15 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:05 – Brain Booster Club <b>23</b> 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA <b>10:45 – VIDEO SERIES</b> 11:00 – Rummikub Club <b>1:00 – NUTRITION 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>AARP TAX ASSISTANCE RSVP REQUIRED 24</b> 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia <b>11:15– SPANISH ASSISTANCE GROUP w/ Ivonne</b> 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 – BASEBALL IN AMERICAN CULTURE Lecture</b> 2:00 – Bingo 2:00 – Ping Pong	<b>THE FULL MONTY MUSICAL TRIP 25</b> 9:05 – Seniorobics w/ Fran <b>9:05 – LEARN TO KNIT/CROCHET w/ Kate</b> 10:15 – Stretching & Strength Training w/ Nick <b>1:00 – SOCIAL CLUB KARAOKE</b> <b>MOCKTAIL &amp; MINGLE</b> <b>Sponsored By: Sunrise of Glen Cove</b> 2:00 – Bingo, Canasta, Mahjong & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	<b>IMAGINE INDIA TILLES CENTER TRIP 26</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 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran <b>27</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
9:05 – Brain Booster Club <b>30</b> 9:05 – Crocheting w/ Friends <b>10:00 – 12:00 TECH ASSISTANCE w/ Keith</b> <b>10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only)</b> 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club <b>1:00 – JAY DANIELS Music Performance</b> 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 <b>31</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>11:15– SPANISH ASSISTANCE GROUP w/ Ivonne</b> 1:00 – Yoga & Pilates w/ Karen <b>1:00 –MAGNIFICENT PETE Magic Show</b> 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Ping Pong	<b>AARP</b> <b>FREE TAX ASSISTANCE</b> <b>MARCH 24<sup>TH</sup></b> <b>APPOINTMENT REQUIRED</b> Call (516) 759-9610 for more information		<b>ST. PATRICK’S DAY PARADE</b> <b>MARCH 22</b> <b>JOIN US:</b> March in the Parade Bus in the Parade Watch the Parade from our Center
<b>MARK YOUR CALENDARS:</b> <b>3/2 – WOMEN’S HISTORY MONTH EVENTS</b> <b>3/5 – GOLDEN GALLERY RECEPTION</b> <b>3/16 – BANJO RASCALS PERFORMANCE</b> <b>3/17 – ST. PATRICK’S DAY LUNCHEON</b> <b>3/24 – BASEBALL IN AMERICAN CULTURE</b> <b>3/25 – SOCIAL CLUB KARAOKE MOCKTAILS</b> <b>3/30 – JAY DANIELS PERFORMANCE</b> <b>3/31 – MAGNIFICENT PETE MAGIC SHOW</b>				