



*Youth is a fleeting gift of nature.
Aging well is an enduring work of art.*

GLEN COVE SENIOR CENTER

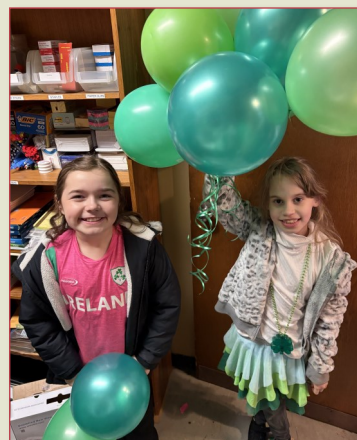
WHAT MAKES OUR CENTER SO UNIQUE?

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



St Patrick's Day Parade Viewing Party

It was a generational event at the Glen Cove Senior Center's St. Patrick's Day celebration. Families, staff, and seniors shared a wonderful day of camaraderie and community.

CONTACT INFORMATION

Glen Cove Senior Center
130 Glen Street
Glen Cove, NY 11542
(516) 759-9610

sc@glencoveny.gov

Website:

glencoveseniorcenter.com

Please like us on Facebook:

Glen Cove Senior Center

Christine Rice

Executive Director
crice@glencoveny.gov

Jenna Belfiore

Secretary to the Executive Director
jbelfiore@glencoveny.gov

Jacqueline Tecce

Site Manager
jtecce@glencoveny.gov

Heidi Clines

Assistant Site Manager
hclines@glencoveny.gov

Eric Shuman

Activities Coordinator
eshuman@glencoveny.gov

Sherri Meagher

Social Worker
smeagher@glencoveny.gov

Amanda Freeman

Adult Day Program Director
afreeman@glencoveny.gov

Melanie Raymundo

Adult Day Program Coordinator
mraymundo@glencoveny.gov

Stephanie Soter

Senior Account Clerk
ssoter@glencoveny.gov

David Geliashvili

Account Clerk
dgelashvili@glencoveny.gov

Martha Benitez

Kitchen Supervisor
mbenitez@glencoveny.gov

Christina Hunnicutt

Administrative Assistant
Christina.hunnicutt@glencoveny.gov

Linda McConville

Administrative Assistant
lmconville@glencoveny.gov

Lisa Belinsky

Lunch Reservation Coordinator
lbelinsky@glencoveny.gov

A LETTER FROM OUR DIRECTOR

Dear Readers,

We welcome the month of April as it is a month of renewal and joy. It is known as the kindest month, bringing life to everything! Now that the warm weather is upon us, we encourage walking whenever possible. Please always be mindful of sidewalks requiring special attention. Be sure to use crosswalks and wear bright colored clothing so that you are seen and remain safe.

I want to thank AARP for once again giving generously of their time to help our seniors complete their tax returns. They dedicated their days to make sure that everyone who needed their services got taken care of. We are extremely grateful!

Besides our monthly programming at the center, I want to remind all of our seniors that we have a plethora of trips to sign up for each and every month. I don't believe we have ever had as many and they are all wonderful! Some of the trips scheduled from now until October are the following:

April 15 - Life on Our Planet (Tilles)

May 14 - NY Mets Game

June 26 - Essex Steam Train & Riverboat

July 15 – Ain't Too Proud Musical

August 19 - Beautiful Musical

September 16 - Feast of San Gennaro 100 year

This year our Easter celebration will be held on Monday, April 6th. Please remember to register for lunch two days in advance so that you may join our celebration.

Congratulations to the Ancient Order of Hibernians for once again organizing a fabulous St. Patrick's Day Parade! It is always a wonderful day for the Center staff, our senior members and their family and friends to participate by either walking the route, riding on the bus, or enjoying time with our friends watching from the center with a nice cup of tea or coffee and some Irish soda bread. We love watching the community come together and celebrate with music, laughter and camaraderie. We can't wait for next year's celebration and parade!

I wish you all a bright, beautiful April filled with sunshine, blooming flowers and days spent outside breathing in the beautiful spring air!

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!

APRIL HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

from the comfort of our Center!

April 15th at 11:00am – **RAVENNA, ITALY**

April 23rd at 11:00am – **ATHENS, GREECE**

April 28th at 1:30pm – **BUENOS AIRES, ARGENTINA**

Dive into the sights, sounds, flavors, and spirit of these beautiful places.

Ditch the airport hassle and let us bring the world you!

FREE APRIL Bingo:

April 22nd at 1:00pm – Sponsored by Emerge & Glen Cove Center for Rehabilitation

April 27th at 1:00pm – Sponsored by Glengariff Rehab & Healthcare

Singing Through the Decades

Wednesday, April 1st at 1:00pm

Join us for a fun and nostalgic musical program celebrating songs from across the generations. Mary Malloy will take us on a journey through the hits of the past, sharing stories, memories, and timeless favorites along the way. It's a wonderful opportunity to enjoy great music and spend an uplifting afternoon together.

Passover Luncheon

Thursday, April 2nd from 12:00pm – 1:00pm

Join us for our Passover Luncheon, a time to gather, share a meal, and reflect on the holiday's traditions. We'll honor the themes of freedom, resilience, and hope that inspire us all. We look forward to celebrating together as a community!

Easter Luncheon

Monday, April 6th from 12:00pm – 1:00pm

Join us for our Easter Luncheon! Enjoy good food, live music, and special guests as we celebrate together with friends and neighbors.

Amazing Animal Show

Sponsored By: Family First Home Companions

Wednesday, April 8th at 1:15 p.m.

Join us for our Animal Show, featuring snakes, turtles, lizards, bunnies, and more! Experience these incredible animals up close by touching, holding, and taking photos. This free event is open to all ages—everyone is welcome. Don't miss it!

Cooking with Keith (Reservation Required)

Monday, April 13th at 1:00pm

Join us for a fun, hands-on cooking class! No experience needed, all ingredients and supplies provided. It's a great way to try something new and build kitchen confidence in a relaxed setting.

Holocaust Remembrance Day Luncheon & The leadup to the Holocaust Lecture

Tuesday, April 14th Luncheon from 12:00pm – 1:00pm, Lecture at 1:00pm

Join us for our Holocaust Remembrance Day luncheon, a time for reflection and remembrance. This gathering features a special lecture by historian Evan Weiner, who will discuss the

events leading up to the Holocaust and its lasting impact. Join us in honoring this important history and community spirit!

Math is Fun Lecture Part 12

Wednesday, April 15th at 1:00pm

Join us for an entertaining afternoon with Frank DeMita's Math Is Fun lecture! He transforms numbers, patterns, and puzzles into exciting experiences. Perfect for anyone curious about math, no prior knowledge needed. Come ready to laugh, think, and discover the lighter side of mathematics!

April Birthday Celebration

Friday, April 17th at 12:45 p.m.

Join us as we celebrate the April 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!

Earth Day Celebration Luncheon & Touch Tank

Wednesday, April 22nd Luncheon from 12:00pm – 1:00pm, Touch Tank at 1:00pm

Join us in appreciating the natural world! After lunch, join our special Touch Tank Program to see, touch, and learn about local sea creatures. Don't miss this unique, hands-on experience! We hope to see you there!

Urban Zen Meditation Workshop

Sponsored By: Glengariff Rehab

Thursday, April 23rd at 1:00pm

Join us for a calming workshop focused on relaxation and reconnection. Enjoy aromatherapy, guided meditation, light stretching, and gentle movement to ease stress and enhance well-being. It's a great opportunity to slow down and share a peaceful experience together.

9th Annual Spelling Bee Competition

Tuesday, April 28th at 10:15am

Join us for our 9th Annual Spelling Bee Competition! Test your spelling skills in a fun, supportive environment. Spectators are welcome to cheer on the participants. It's a great time filled with laughs and community pride!

Social Club Mocktail & Mingle

Sponsored By: Sunrise of Glen Cove

Wednesday, April 29th at 1:15pm

Join us for an afternoon of refreshing non-alcoholic beverages and enjoyable conversation. It's a great chance to socialize, make new friends, and savor delicious mocktails!

Tony Bennett Tribute Show

Thursday, April 30th at 1:00pm

Join us for a heartfelt musical program celebrating the timeless songs of America's beloved performer, Tony Bennett. Enjoy classic hits and warm memories in an afternoon filled with charm and great music.

APRIL HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

Glen Cove Adult Day Program welcomes you to Spring! The month of April will bring us springtime weather, flowers blooming, the Easter bunny, outdoor activities, and baseball! This month, we wish our Aries and Taurus friends happy birthdays! The rainy month of April has several holidays, including Passover, Good Friday, Easter, Arbor Day, and Earth Day. ADP will celebrate these special days, as well as April Fool's Day, National Tea Day, National Pajama Day, Fly a Kite Day, and Peanut Butter and Jelly Day. This month lends itself to themes like Spring, gardening, rainbows, and astronomy. We will be enjoying a Peeps Party, an April Showers Shindig, and a Sunshine and Rainbows Party. We look forward to celebrating these fun observances together!

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. We will enjoy another session of the film reminiscence program brought to us by Marcy Rhodes titled "Making Memories at the Movies." ADP loves hosting college interns for intergenerational learning, and we have Occupational Therapy students interning from the New York Institute of Technology. Our participants have enjoyed sharing lively conversations and learning experiences with the 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, Aerobics, and our Balance, Strength, & Fitness classes. Our friend Steve Fratello, who is a naturalist, lepidopterist, and explorer, and who has spent nearly 1,000 days exploring rainforests, will present his rare collection of butterflies and moths this month. 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 April 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





April 2026

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



MONDAY	TUESDAY	WEDNESDAY
<p align="center">TRIPS ON SALE NOW:</p> <p>4/15 – Life On Our Planet Tilles 5/14 – NY Mets Game 5/20 – Prince Of Egypt Musical 6/2 – Philadelphia PA Tour 6/26 – Essex Steam Train & Riverboat 7/14 – Tomasello Winery & Casino 7/15 – Ain’t Too Proud Musical</p>	<p align="center">TRIPS ON SALE NOW:</p> <p>7/22 – The Wedding Singer Musical 8/5 – Schmigadoon! Broadway 8/19 – Beautiful Musical 8/26 – Come From Away Musical 9/2 – Operation Mincemeat Broadway 9/16 – Feast of San Gennaro 100yr. 10/21 – Lost Boys Broadway</p>	<p>9:05 – Seniorobics w/ Friends 9:05 – LEARN TO KNIT 10:15 – Stretching & Str 10:30 – RECYCLING CRA 11:00 – Rummikub Club 1:00 – SINGING THRO 2:00 – Chair Yoga, Ton 2:15 – Bingo</p>
<p>9:05 – Crocheting w/ Friends 6 10:00 – 12:00 TECH ASSISTANCE w/ Keith 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:00 – MUSIC JAM w/ Jeff 12:00 – EASTER LUNCHEON 1:00 – MOVIE 1:00 – Canasta, Mahjong, & Bridge 1:15 – Bingo 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting & Drawing w/ Chuck 7 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 – CONTROL HIGH BLOOD PRESSURE Talk 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:15 – Ping Pong</p>	<p>9:05 – Seniorobics w/ Friends 9:05 – LEARN TO KNIT 10:15 – Stretching & Str 11:00 – Rummikub Club 1:15 – AMAZING ANIM FAMILY FIRST H 2:00 – Chair Yoga, Ton 2:15 – Bingo</p>
<p>9:05 – Brain Booster Club 13 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:15 – GARDEN CLUB MEETING 11:00 – MUSIC JAM w/ Jeff 1:00 – COOKING w/ KEITH RSVP REQUIRED 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting & Drawing w/ Chuck 14 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 – HOLOCAUST REMEMBRANCE DAY 1:00 – THE LEADUP TO THE HOLOCAUST Lecture 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:15 – Ping Pong</p>	<p align="center">LIFE ON OUR PLA</p> <p>9:05 – Seniorobics w/ Friends 9:05 – LEARN TO KNIT 9:45-10:45 – FA INTER 10:15 – Stretching & Str 11:00 – Rummikub Club 11:00 – INTERACTIVE LI 1:00 – MATH IS FUN P 1:00 – Canasta, Mahjong 2:00 – Chair Yoga, Ton</p>
<p>9:05 – Brain Booster/Crocheting w/ Friends 20 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:30 – Exercise w/ YMCA 10:00 – 12:00 TECH ASSISTANCE w/ Keith 11:00 – BINGOCIZE 11:00 – Rummikub Club 1:00 – ENHANCE WORKSHOP w/ Northwell 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 21 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 – AGING TO PERFECTION Lecture 2:00 – Bingo 2:15 – Ping Pong</p>	<p>9:05 – Seniorobics w/ Friends 9:05 – LEARN TO KNIT 10:15 – Stretching & Str 11:00 – KARAOKE 12:00 – EARTH DAY CE 1:00 – INTERACTIVE T 2:00 – Chair Yoga, Ton 2:15 – FREE BINGO w/ Sponsored By: EMERGE</p>
<p>9:05 – Crocheting w/ Friends 27 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:00 – NUTRITION LECTURE 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 1:15 – Canasta, Mahjong, & Bridge 2:00 – FREE BINGO w/ PRIZES Sponsored By: GLENGARIFF REHAB & HEALTHCARE 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting & Drawing w/ Chuck 28 10:15 – 9th ANNUAL SPELLING BEE COMPETITION 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 – Ping Pong 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:30 – INTERACTIVE LIVE TOUR: ARGENTINA</p>	<p>9:05 – Seniorobics w/ Friends 9:05 – LEARN TO KNIT 10:15 – Stretching & Str 11:00 – Rummikub Club 1:00 – SOCIAL CLUB M Sponsored By: Su 1:00 – Canasta, Mahjong 2:00 – Chair Yoga, Ton 6:00 – 8:00 – OUR GEN DINNER INCLUDED RE</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 1 /CROCHET w/ Kate Length Training w/ Nick FAST Age Friendly UGH THE DECADES ing, & Balance w/ Nilo	2 9:05 – Brain Booster Club 10:15 – Card & Board Games 10:30 – CC Board Meeting 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 12:00 – PASSOVER LUNCHEON 1:00 – Canasta & Mahjong 1:30 – Centre Club 1:15 – Food Shopping 2:00 – Billiards Club	3 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:30 – SITE COUNCIL MEETING 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Stretching & Meditation w/Nick 1:00 – Bingo, Canasta, & Bridge 1:15 – EXPLORING ETHICS 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
Fran 8 /CROCHET w/ Kate Length Training w/ Nick :00 – Canasta & Mahjong AL SHOW Sponsored By: OME COMPANIONS ing, & Balance w/ Nilo	9 9:05 – Brain Booster Club 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 – MOVIE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	10 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 1:00 – COVE ANIMAL RESCUE VISIT 1:00 – Canasta & Bridge 1:15 – Line Dancing 2:00 – Bingo 2:30 – Tai Chi w/ Spencer
NET TILLES CENTER 15 Fran /CROCHET w/ Kate GENERATIONAL TALKS Length Training w/ Nick LIVE TOUR: ITALY art 11 ng, & Bridge 2:00 – Bingo ing, & Balance w/ Nilo	16 9:00 – WALK WITH A DOC – B&G Club 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 11:15 – CORNHOLE 1:00 – Canasta & Mahjong 1:30 – Centre Club 1:15 – Food Shopping 2:00 – Billiards Club	17 9:05 – 12:00 HEALTH ASSESSMENTS 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 – APRIL BIRTHDAY'S CELEBRATION 1:15 – EXPLORING ETHICS 1:15 – Bingo 1:15 – Canasta & Bridge
Fran 22 /CROCHET w/ Kate Length Training w/ Nick EBRATION OUCH TANK ing, & Balance w/ Nilo PRIZES E & GC NURSING + REHAB	23 NATIONAL BOOK DAY 10:15 – Card & Board Games 11:00 – Exercise w/ YMCA 11:00 – INTERACTIVE LIVE TOUR: GREECE 11:00-2:00 – Manicures w/ Ursula 1:00 – URBAN ZEN MEDITATION WORKSHOP Sponsored By: GLENGARIFF REHAB HEALTHCARE 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	24 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 1:00 – Bingo 1:00 – Canasta & Bridge 1:15 – PAINT PARTY w/ Alicia 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
Fran 29 /CROCHET w/ Kate Length Training w/ Nick 11:00 – BINGOCIZE ROCKTAIL & MINGLE rnise of Glen Cove ng, & Bridge 2:00 – Bingo ing, & Balance w/ Nilo NERATION BAND \$10 SERVATIONS REQUIRED	30 9:05 – Brain Booster Club 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 – TONY BENNETT TRIBUTE SHOW 1:00 – Canasta 1:00 – Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	MARK YOUR CALENDARS: 4/1 – SINGING THROUGH THE DECADES 4/2 – PASSOVER LUNCHEON 4/6 – EASTER LUNCHEON 4/8 – AMAZING ANIMAL SHOW 4/13 – COOKING WITH KEITH 4/14 – THE LEADUP TO THE HOLOCAUST 4/22 – INTERACTIVE TOUCH TANK 4/29 – CIRCLE OF FRIENDS PERFORMANCE 4/30 – TONY BENNETT TRIBUTE SHOW

AGE-FRIENDLY APRIL ACTIVITIES

April Walk with a Doc

National Public Health Week is in April, so we are delving into the subject for this month's Walk with a Doc! Join us on **Thursday, April 16th at 9:00 am** as we learn about the importance of health education and risk reduction from Dr. Barbara Keber, Chair of Family Medicine at Glen Cove Hospital, Northwell 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.

For April, we plan to walk outdoors at Garvies Point Esplanade from the Ferry Terminal, but in the event of inclement weather, we will take the walk indoors to 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 by inquiring at the Center's front desk



Come walk with us on the Third Thursday of every month!

Walk with a Doc Lecture

Public Health
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, April 16th, 9:00 to 10:00 a.m.
Glen Cove Boys & Girls Club

Contact us at
agefriendlyglencove@gmail.com



Eco-Friendly Upcycling Club

COLLAGE PIN MAKING

Come learn how to turn old magazine clippings, greeting cards, calendars, wrapping paper and photographs into wearable art using our button-maker!

Bring your own paper goods or use our own.

Wednesday, April 1st @ 10:30 AM
Glen Cove Senior Center
Contact AJ at
agefriendlyglencove@gmail.com

Transform Your Paper Goods into Wearable Art!

Have some wrapping paper scraps or old magazines that are just too nice to discard? Interested in preserving colorful cards as a keepsake? For this installment of the Upcycling Craft Club, we are taking out the button maker and transforming paper products into polished badges and keychains. Bring items like wrapping paper, magazines, old calendars and your creativity to this free recycling craft session on **Wednesday, April 1st at 10:30 am**.

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.

SPRING ACTIVITIES



SPRING TIPS FOR SENIORS: ENJOY THE SEASON SAFELY & WELL!

- 1. GET OUTSIDE & EXERCISE**
 Boost energy, strengthen muscles, improve mood. (Check with your doctor).
- 2. PROTECT YOUR SKIN & EYES**
 Wear wide-brimmed hats, sunglasses, and SPF 30+ sunscreen daily. Use lip balm.
- 3. STAY HYDRATED**
 Drink plenty of water. Carry a reusable bottle. Limit sugary drinks & alcohol.
- 4. EAT SEASONAL PRODUCE**
 Include fresh spring foods in meals for vitamins & fiber.
- 5. START A SPRING GARDEN**
 Dig in the dirt (gently), plant flowers, herbs, or vegetables. Use tools with good grips.
- 6. SPRING CLEAN SAFELY**
 Tackle spring cleaning safely. Clear pathways of clutter. Get help with difficult tasks.



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<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>	<p>1 <i>LENTIL SOUP*</i> CHICKEN FRIED RICE- BROCCOLI WHEAT BREAD <i>BANANA *</i> OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD</p>	<p>2 <i>CREAM OF BROCCOLI-SOUP*</i> POT ROAST W/ GRAVY MASHED POTATOES PEAS & CARROTS ITALIAN BREAD <i>CHOCOLATE PUDDING*</i> OR CHICKEN SALAD IN A TORTILLA W/ L & T PEA SALAD</p>	<p>3 <i>POTATO CHOWDER SOUP*</i> BREADED FISH W/ TARTAR SAUCE RICE PILAF GREEN BEANS RYE BREAD <i>ORANGE SLICES*</i> OR HAM & CHEESE ON RYE W/ L&T & MUSTARD GREEN BEAN SALAD</p>
<p>6 <i>POTATO CHOWDER SOUP*</i> ROAST TURKEY W/ GRAVY & CRANBERRY SAUCE ROASTED POTATOES GREEN BEANS ROLL <i>ICE CREAM*</i> OR HAM & CHEESE ON RYE W/ L&T & MUSTARD GREEN BEAN SALAD</p>	<p>7 <i>VEGETABLE BARLEY SOUP*</i> THREE CHEESE LASAGNA W/ EGGPLANT BROCCOLI ITALIAN BREAD <i>BANANA*</i> OR SEAFOOD SALAD IN A TORTILLA W/ L & T BROCCOLI SALAD</p>	<p>8 <i>SPLIT PEA SOUP*</i> BEEF BURRITO W/ SHREDDED CHEESE MEXICAN RICE & BEANS CRACKERS <i>PEAR HALVES*</i> OR EGG SALAD ON WHEAT W/ L & T TOSSED SALAD</p>	<p>9 <i>LENTIL SOUP*</i> STUFFED SHELLS W/ MARINARA SAUCE SPINACH ITALIAN BREAD <i>FRUIT CUP *</i> OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD</p>	<p>10 <i>TOMATO RICE SOUP*</i> CHICKEN FRANCAISE BROWN RICE MIXED VEGETABLES RYE BREAD <i>JELLO W/ FRUIT*</i> OR TUNA SALAD ON RYE W/ L & T COLE SLAW</p>
<p>13 <i>SPLIT PEA SOUP*</i> CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE TOSSED SALAD ITALIAN BREAD <i>APRICOT HALVES*</i> OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSED SALAD</p>	<p>14 <i>CREAM OF BROCCOLI SOUP*</i> LOIN OF PORK W/ GRAVY MASHED POTATOES RED BEETS RYE BREAD <i>APPLE SAUCE*</i> OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO, 3 BEAN SALAD</p>	<p>15 <i>CHICKEN NOODLE SOUP*</i> MEATLOAF W/ GRAVY ROASTED POTATOES CAULIFLOWER WHEAT BREAD <i>BANANA*</i> OR TUNA SALAD ON RYE W/ L & T MACARONI SALAD</p>	<p>16 <i>LENTIL SOUP*</i> CHICKEN PICATTA MASHED POTATOES GREEN BEANS ITALIAN BREAD <i>PEACH HALVES*</i> OR EGG SALAD ON WHEAT W/ L & T GREEN BEANS</p>	<p>17 <i>VEGETABLE BARLEY SOUP*</i> SWEDISH MEATBALLS W/ BROWN GRAVY OVER NOODLES PEAS & CARROTS WHEAT BREAD <i>BIRTHDAY CAKE *</i> OR CHICKEN SALAD IN A TORTILLA W/ L & T PEA SALAD</p>
<p>20 <i>WHITE BEAN SOUP*</i> SAUSAGE & PEPPERS W/ MARINARA SAUCE PASTA MIXED VEGETABLES ROLL <i>PEACH HALVES*</i> OR TUNA SALAD ON RYE W/ L & T COLESLAW</p>	<p>21 <i>TOMATO RICE SOUP*</i> BREADED FISH W/ TARTAR SAUCE MAC & CHEESE PEAS & CARROTS WHEAT BREAD <i>JELLO W/ FRUIT*</i> OR CHICKEN SALAD IN A TORTILLA W/ L & T PEA SALAD</p>	<p>22 <i>VEGETABLE SOUP*</i> CHICKEN FAJITAS ON SHREDDED CHEESE MEXICAN RICE & BEANS CRACKERS <i>PEAR HALVES*</i> OR EGG SALAD ON WHEAT W/ L & T TOSSED SALAD</p>	<p>23 <i>POTATO CHOWDER-SOUP*</i> SAILSBURY STEAK W/ GRAVY FRENCH FRIES BAKED BEANS WHEAT BREAD <i>BANANA*</i> OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO. COLESLAW</p>	<p>24 <i>MINISTRONE SOUP*</i> JUMBO RAVIOLI W/ MARINARA SAUCE ITALIAN VEGETABLES ITALIAN BREAD <i>BIRTHDAY CAKE*</i> OR EGG SALAD ON WHEAT W/ L & T PASTA SALAD</p>
<p>27 <i>SPLIT PEA SOUP*</i> CHICKEN TOPPED W/ MOZZARELLA & SPINACH IN A MARSALA SAUCE RICE TOSSED SALAD WHEAT BREAD <i>RICE PUDDING*</i> OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSED SALAD</p>	<p>28 <i>CHICKEN NOODLE SOUP*</i> OPEN FACED TURKEY SANDWICH ON RYE W/ GRAVY MASHED POTATOES MIXED VEGETABLES WHEAT BREAD <i>PEACH HALVES*</i> OR EGG SALAD ON WHEAT W/ L & T GREEN BEAN SALAD</p>	<p>29 <i>LENTIL SOUP*</i> STUFFED SHELLS W/ MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD <i>PEACH HALVES*</i> OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSED SALAD</p>	<p>30 <i>BROCCOLI CHEDDER SOUP*</i> KIELBASA W/ SAUERKRAUT ROASTED POTATOES TOSSED SALAD WHEAT BREAD <i>ORANGES*</i> OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD</p>	