



*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

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

WALK WITH A DOC JUNE PROGRAM

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



Walk with a Doc Lecture

Managing Joint Pain

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, June 18th, 9:00 to 10:00 a.m.
Garvies Point Esplanade
42-48 Garvies Point Rd, Glen Cove, NY 11542



Contact us at (516) 759-8610

¡Camina con nosotros
el tercer jueves de cada mes!



Walk with a Doc Conferencia

Manejo del Dolor Articular

Dr. Barbara Keber, Northwell Health

¿Por qué caminar con un médico?

- Aprender sobre tópicos de salud con profesionales locales de la salud
- Conectarse con personas de la comunidad local
- Disfrutar de una manera divertida y fácil para hacer ejercicio y mejorar la salud



Jueves, 18 de junio, de 9:00 a 10:00 a.m.
Garvies Point Esplanade
42-48 Garvies Point Rd, Glen Cove, NY 11542



Contacta con nosotros al (516) 759-8610

A LETTER FROM OUR DIRECTOR

Dear Friends,

Summer is here! Like most months, our calendar is full of activities, programs and special events. We are celebrating two very important holidays starting with our wonderful Father's Day celebration. We will be celebrating all forms of fathers for their gifts of love and compassion. Our Father's Day celebration is taking place on Monday, June 22nd at 12:00 pm. In addition, we will be celebrating Juneteenth on Friday, June 19th at 12:00 pm. Juneteenth is celebrated annually to commemorate the end of slavery in the United States. If you would like to join us for our luncheon celebrations, please make sure to call our center two days in advance to book your lunch orders.

Now that the weather is nicer and there is more availability for us to get out and walk, run or take a bike ride, I encourage all forms of physical activity within moderation and with doctor's advice. If you are not up for outdoor activity or exercise, we have more than enough opportunity on our monthly calendar for indoor exercise. A few of the exercise classes we offer are ZUMBA, Tai Chi, exercise with the YMCA, Yoga & Pilates, Total Body Fitness, Seniorobics, Stretching & Strength Training, Chair Yoga and toning & Balance. Our classes are extremely popular and are located on the lower level of our center. You do not need to sign up ahead of time, just bring your enthusiasm and you will leave feeling stronger and refreshed!

In addition, we are still continuing our Walk With a Doc program which will take place this month on Thursday, June 18th at 9:00 am at Garvie's Point, weather permitting. If the weather does not cooperate, then we will be walking at the Boys and Girls Club in Glen Cove. Dr. Barbara Keber has been involved with this program since day one and has never missed a walk. Like us, she believes in the importance of exercise and the connection between the medical profession and the community members. Her lectures are extremely informative and there is always an opportunity to ask questions at the end. If you have not yet taken a walk with us, please consider doing so. You won't be disappointed!

Just a reminder that in addition to the Center offering many programs to any senior 60 years of age or older, living in Nassau County, we also offer an Adult Day Program for those living with cognitive and physical frailties. The program caters to those needing more hands-on care and is a wonderful source of respite for caregivers. If you feel that your loved one could benefit from the cognitive and physical stimulation we provide, please call and ask for Amanda Freeman on how to become enrolled.

I wish you all a beautiful start to the summer season!

Best Regards,
Christine Rice
Christine Rice
Executive Director

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!

JUNE HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

from the comfort of our Center!

June 9th at 10:00am – **MANILA, PHILIPPINES**

June 10th at 10:30am – **KRAKOW, POLAND**

June 15th at 11:00am – **PLYMOUTH, ENGLAND**

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

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

FREE JUNE Bingo:

June 8th at 1:00pm – *Sponsored by Glengariff Rehab*

June 16th at 1:00pm – *Sponsored by Glengariff Rehab*

June 26th at 1:00pm – *Sponsored by Emerge &*

Glen Cove Rehabilitation

George Maselli Performance

Wednesday, June 3rd at 1:00pm

Get ready for an afternoon of great music and good energy as we welcome back crowd favorite George Maselli. George brings a rich blend of classic hits, timeless standards, and sing-along favorites that always light up the room. His warm stage presence and smooth vocals make for a performance that feels personal, nostalgic, and fun for everyone. Join us for a lively musical program that's sure to lift spirits, spark memories, and leave everyone smiling.

50's Era Celebration Luncheon

Wednesday, June 10th from 12:00pm – 1:00pm

Step back in time with us as we celebrate the unforgettable spirit of the 1950's. Enjoy an afternoon filled with classic live music, delicious food, trivia, movie/tv clips, and special guests. We're encouraging everyone to join the fun by dressing in their best 1950s outfits – poodle skirts, leather jackets, saddle shoes, and all the retro flair you can dream up. It's the perfect chance to relive the golden age of diners, jukeboxes, and rock 'n' roll while sharing great food and great company.

History of Rock & Roll - Circle of Friends Event

(Open to Everyone—Reservations required)

Wednesday, June 10th from 6:00pm – 8:00pm

Join us for an exciting evening as the band History of Rock and Roll takes the stage for a high-energy musical journey through the greatest hits of the rock era. From early pioneers to unforgettable classics, this performance brings the soundtrack of generations to life. Tickets are just \$10, and dinner is included, making it one of the best deals of the season. This special event is open to everyone of all ages, so bring family, friends, and anyone who loves great music and a great time. Get ready for a fun, memorable night filled with rhythm, nostalgia, and rock-and-roll spirit.

Flag Day Luncheon

Monday, June 15th from 12:00pm – 1:00pm

Don't miss our Flag Day celebration with an afternoon filled with community, pride, and great company. Enjoy live music, a delicious lunch, and a few special guests who will help make the day even more meaningful. It's a wonderful opportunity to honor the spirit of the day while sharing good food, good

music, and good moments with friends and neighbors.

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 & community spirit!

Remember Liss: A New American Founding Figure Monday, June 15th at 1:15pm

Don't miss this powerful and eye-opening presentation with historian and author Claire Bellerjeau, as she shares the remarkable story of Elizabeth "Liss", an enslaved woman whose courage and resilience played a vital role during the American Revolution. Drawing from her extensive research, Claire will explore Liss's life through vivid storytelling, historical context, and a thoughtful Q&A session. This lecture shines a light on a lesser-known but profoundly important figure in our nation's early history, offering a fresh perspective on the fight for freedom and the people who shaped it. Don't miss this inspiring and educational program.

Sports Day

Wednesday, June 17th ALL DAY

Gear up for a lively afternoon as we celebrate Sports Day with a mix of friendly competition, nostalgia, and team spirit. Enjoy sports trivia, watch famous game clips from some of the greatest moments in sports history, and share plenty of laughs along the way. Everyone is encouraged to show their team pride by wearing their favorite sports jerseys, hats, and team colors. Whether you're a baseball fan, football loyalist, basketball diehard, or just love the excitement of the game, this is the perfect day to join in the fun.

Juneteenth Luncheon

Join us as we gather in community to honor Juneteenth, a day that celebrates freedom, resilience, and the ongoing pursuit of equality. Our luncheon will feature live music, wonderful food, and a few special guests who will help bring the spirit and significance of the holiday to life. We'll also take time to reflect on the history of Juneteenth—the moment in 1865 when the last enslaved people in Texas learned of their freedom, marking a powerful turning point in American history. It's a day of remembrance, celebration, and unity.

Civil Rights Pioneers Lecture

Thursday, June 18th at 1:15pm

Don't miss this enlightening and thought provoking program as historian and speaker Evan Weiner returns to present a special lecture on Civil Rights Pioneers. Through powerful storytelling and historical insight, Evan will highlight the leaders, activists, and everyday individuals whose courage

JUNE HAPPENINGS AT THE GLEN COVE SENIOR CENTER

helped shape one of the most important movements in American history. This program offers a meaningful opportunity to reflect on the struggles, triumphs, and lasting legacy of those who fought for justice and equality.

Father's Day Luncheon

Monday, June 22nd from 12:00pm – 1:00pm

A wonderful afternoon awaits as we gather to celebrate the fathers, grandfathers, and father-figures who bring strength, guidance, and love to our lives. Enjoy a festive luncheon featuring live music, good food, and great company as we honor the men who have shaped our families and our community.

Mary Molloy Performance

Sponsored By: New York Life

Monday, June 22nd at 1:15pm

An afternoon of timeless music awaits as Mary Molloy returns to share her beautiful voice and warm stage presence with our community. Mary's performances are filled with familiar favorites, heartfelt storytelling, and the kind of musical charm that always leaves the room smiling. Settle in, relax, & enjoy a program that blends nostalgia, melody & the joy of live music.

60's Era Celebration Luncheon

Wednesday, June 24th from 12:00pm – 1:00pm

The spirit of the 1960's comes alive as we celebrate one of the most iconic decades in music and culture. Enjoy an afternoon filled with live '60s music, delicious food, and the joyful energy that defined a generation. From classic hits to unforgettable melodies, the soundtrack of the sixties will set the perfect mood for a lively and nostalgic gathering

Mocktail & Mingle

Sponsored By: Sunrise of Glen Cove

Wednesday, June 24th at 1:15pm

Join us for an afternoon of refreshing non-alcoholic beverages and delightful conversation. This event is a perfect opportunity to socialize, make new friends, and enjoy a delicious mocktail crafted with care. Whether you prefer fruity, fizzy, or classic flavors, there's something for everyone to enjoy!

Gotcha Covered - Circle of Friends Event

(Open to Everyone Reservations Required)

Wednesday, June 24th from 6:00pm – 8:00pm

Get ready for a fantastic night of music and fun as the Gotcha Covered Band takes the stage for an energetic evening show. Enjoy a mix of favorite hits, lively rhythms, and a feel-good atmosphere that's perfect for all ages. Tickets are only \$10, and dinner is included. This special program is open to everyone of all ages, so bring anyone who loves good music and a great night out.

Urban Zen Meditation Workshop

Sponsored By: Glengariff Rehab

Thursday, June 25th at 1:15pm

Experience a peaceful and restorative afternoon designed to help you unwind and reconnect. This gentle workshop blends

aromatherapy, guided meditation, light stretching, and mindful movement to support relaxation and overall well-being. The atmosphere is soothing, accessible, and welcoming to all comfort levels. Take a break from the busyness of daily life and enjoy a session focused on calming the mind, easing the body, and nurturing the spirit.

Cooking Class with Chef Keith

Monday, June 29th at 1:15pm

Roll up your sleeves and get ready for a fun, interactive cooking experience with Keith. In this step-by-step class, Keith guides the group through each recipe, making it easy for all skill levels to follow along. Together, you'll cook side by side and then sit down to enjoy the delicious creations as a group, turning the class into a shared meal and a warm experience.

Mad Science "Fire & Ice" Show

Sponsored By: New York Life

Tuesday, June 30th at 1:15pm

See Mad Science's "Fire & Ice"—a free, interactive show with wild experiments, cool reactions, and fiery fun for all ages. Perfect for families and science fans!

NEW CLASS:

Beat At Your Own Drum

June 11th & 25th at 1:15pm

Get ready for a fun, energizing workout that lets you march to the beat of your own drum. This class uses easy drumming techniques combined with movement to create a full-body workout that boosts energy, lowers stress, and can even help reduce blood pressure. It's a lively, engaging way to move, exercise & let loose – no experience needed. Just bring your enthusiasm & get ready to drum your way to better health!

Pickleball Open Play & Clinic Beginner – Intermediate

Stanco Park Courts (Reservations Required)

June 2nd, 12th & 18th at 3:00pm

For eight consecutive years, the Glen Cove Senior Center has proudly offered FREE open-play pickleball sessions and clinics to our members, offering a fun, social, and energizing way to stay active. All sessions are led by Eric Shuman, a USA Pickleball Ambassador and certified pickleball coach whose expertise, enthusiasm, and patience have helped hundreds of seniors learn the game, build confidence, and discover a new favorite hobby. Whether you're a seasoned player or picking up a paddle for the first time, Eric makes the experience welcoming, supportive, and enjoyable for all skill levels. Don't worry if you don't have equipment, we supply it all! We invite all members to stop by, give it a try, and see why this sport continues to grow year after year.

Walking Club

Downtown Glen Cove

June 1st at 10:15am

June 9th at 10:15am

June 15th at 10:15am,

June 23rd at 10:15am



June 2026

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

MONDAY	TUESDAY	WEDNESDAY
<p align="center">NATIONAL PEN PAL DAY 1</p> <p>9:05 – Brain Booster Club 9:05 – Crocheting w/ Friends 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting & Drawing w/ Chuck 2 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 – Bingo 1:00 – Ping Pong 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required</p>	<p>9:05 – Seniorobics w/ [unclear] 9:05-12:00 – Learn to [unclear] 10:15 – Stretching & St [unclear] 11:00 – WOMEN’S CLU 1:00 – GEORGE MASE 1:00 – Bridge, Canasta 2:00 – Bingo 2:00 – Chair Yoga, Tor</p>
<p>9:05 – Brain Booster Club 8 9:05 – Crocheting w/ Friends 9:05-12:00 – NUTRITION COUNSELING 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – FREE BINGO w/ PRIZES Sponsor: GLENGARIFF REHAB HEALTHCARE 1:00 – 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 9 10:00 – INTERACTIVE LIVE TOUR: PHILIPPINES 11:00 – Total Body Fitness 10:15 – WALKING CLUB 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – Bereavement Group with COMHPS 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 – Bingo & Canasta 1:00 – Ping Pong</p>	<p>9:05 – Seniorobics w/ [unclear] 9:05-12:00 – Learn to [unclear] 10:15 – Stretching & St [unclear] 10:30 – INTERACTIVE I 11:00 – WOMEN’S CLU 12:00 – 50’S ERA CELE 1:00 – Bingo, Canasta 2:00 – Chair Yoga, Tor 6:00 – 8:00 – HISTOR DINNER INCLUDED R</p>
<p>9:05 – Brain Booster/Crocheting w/ Friends 15 10:30 – Exercise w/ YMCA 10:00 – INTERACTIVE LIVE TOUR: ENGLAND 10:15 – WALKING CLUB 11:00 – Rummikub 12:00 – FLAG DAY LUNCHEON 1:15 – REMEMBER LISS: A NEW AMERICAN FOUNDING FIGURE LECTURE 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:15 – Bingo 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting & Drawing w/ Chuck 16 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:15 – GARDEN CLUB MEETING 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – NATIONAL BINGO DAY CELEBRATION FREE GAMES AND PRIZES w/ GLENGARIFF REHAB 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Ping Pong</p>	<p align="right">SPO</p> <p>9:05 – Seniorobics w/ [unclear] 9:05-12:00 – Learn to [unclear] 10:15 – Stretching & St [unclear] 11:00 – SPORTS TRIVIA 11:00 – WOMEN’S CLU 11:00 – Rummikub Clu 1:00 – MOVIE 1:00 – Bingo, Canasta 2:00 – Chair Yoga, Tor</p>
<p>9:05 – Brain Booster Club 9:05 – Crocheting 22 10:30 – Exercise w/ YMCA 11:00 – Rummikub 11:00 – MUSIC JAM w/ Jeff 12:00 – FATHER’S DAY LUNCHEON 1:00 – Canasta, Mahjong, & Bridge 1:15 – MARY MOLLOY PERFORMANCE Sponsored by: NEW YORK LIFE 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:15 – Bingo 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting & Drawing w/ Chuck 23 10:15 – WALKING CLUB 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – Bereavement Group with COMHPS 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta 1:00 – MENTAL HEALTH LECTURE 2:00 – Bingo 2:15 – Ping Pong</p>	<p>9:05 – Seniorobics w/ [unclear] 10:15 – Stretching & St [unclear] 11:00 – WOMEN’S CLU 12:00 – 60’S ERA CELE 1:15 – SOCIAL CLUB K Sponsor: SUNRISE OF 2:00 – Chair Yoga, Tor 6:00 – 8:00 – GOTCHA DINNER INCLUDED R</p>
<p>10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 29 10:00-12:00 – HEALTH ASSESSMENTS w/ GLEN COVE HOSPITAL 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – COOKING CLASS w/Chef Keith 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting & Drawing w/ Chuck 30 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:15 – MAD SCIENCE FIRE & ICE SHOW Sponsored by: NEW YORK LIFE 2:15 – Bingo</p>	<p align="center">HISTORY OF Jur GOTCHA Jur 6:00pm DINNER & S Open to EVER</p>

JUNE HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

The Glen Cove Adult Day Program is looking forward to the warm breeze and beautiful blooms that June brings! June will also bring us the Summer Solstice and the longest day of the year, along with growth and rejuvenation in nature. This month, we wish our Gemini and Cancer friends happy birthdays! June is a month full of love and inclusivity, as it is the most popular month for weddings, and Pride Month and Foster a Pet Month are both observed. June holidays and events include Father's Day, Juneteenth, and Flag Day. ADP will enjoy activities based on these holidays, as well as themes like International Picnic Day, National Pen Pal Day, Cheese Day, Wizard of Oz Day, National Oceans Month, National Gardening Week, Space Day, and Great Outdoors Month. We look forward to acknowledging all of our father figures during our Father's Day Party with live music, and we will also have an "Island Vibes" themed celebration with a musical guest! We will enjoy gardening, summer, flowers, and ice cream with a Junebug Jamboree, a Solstice Soiree, a June Bloom Bash, and a Sundae Social this month. ADP is ready for summer fun!

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 Art Therapy students interning from Long Island University's C.W. Post campus. 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. 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 June 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



ADP Participants and Interns enjoyed spending time together crafting and getting to know each other



Law Offices of
Schwartz and Greenwood, LLP.
Established in 1964

Estate and Trust Planning
Elder Law | Real Estate

718-347-6100 • info@elder.nyc



ELDER.NYC



Made
you look.

Advertise here to
reach your local
audience.

Scan to get
started!



Visit lpicommunities.com/advertising-solutions

CareFirst
Home Solutions



CARING FOR YOU AT
HOME - WHERE IT
MATTERS MOST

We provide the highest quality of companion care, home health aide care and nursing care to empower older adults to continue to enjoy the lives they've built in the place they love the most.

With more than 30 years of experience, please know we are here for you and your family with experienced, compassionate and reliable care.



Contact Us: 516-784-4411

carefirsthomesolutions.com

58 School Street, Suite 101 Glen Cove NY 11542

We service all of Long Island and Queens



GLEN COVE
CENTER FOR NURSING AND REHABILITATION

"The Glen Cove Center for Nursing & Rehabilitation is proud of our Advocacy & Patronage in the Community & to our Friends at the Glen Cove Senior Center."

6 Medical Plaza | Glen Cove, NY 11542

516-656-8000 | www.glencoverehab.com



2 Medical Plaza
Glen Cove, NY 11542

516-740-9900

www.emergenursingandrehab.com

We're Hiring Ad
Sales Executives

- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers

Advertise in Our
Newsletter!

Contact **Al Wickenheiser**

awickenheiser@4LPi.com

(800) 950-9952 x6409



WE APPRECIATE
OUR ADVERTISERS

They allow us to
print this newsletter.
Thank you!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Glen Cove Senior Center, Glen Cove, NY

06-5308

Does your organization need a newsletter?
We'll cover the printing costs!

Learn more at lpicommunities.com



Real Relationships. Real Warmth. Real Care.



The Regency is an assisted living community with vital seniors who share your interests, caring staff, and upscale amenities that elevate comfort to another level.



SAFE HARBOR
AT THE REGENCY

A Memory Care Neighborhood

A Dedicated
MEMORY CARE
Neighborhood

All Inclusive Pricing!

Safe Harbor's monthly rate covers individualized care, three delicious meals a day, full calendar of activities, beautiful accommodations, and so much more!

516-674-3007

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

94 School Street, Glen Cove, NY 11542

TheRegencyAtGlenCove.com/MemoryCare

SafeHarbor@RegencyGlenCove.com



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.

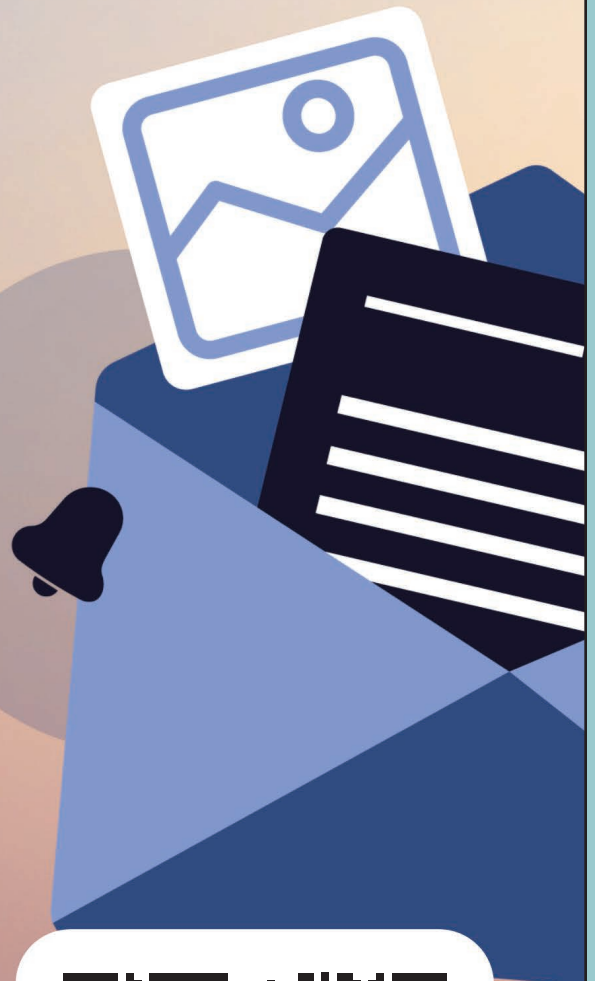


Call 800.950.9952



Never miss our publication!

Get each new
issue delivered
straight to your
inbox.



Scan to subscribe on
[MyCommunityOnline.com](https://www.lpicommunities.com)



LUNCH MENU JUNE 2026

FOR RESERVATIONS PLEASE CALL (516) 676-6182

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 POTATO CHOWDER SOUP* SAUSAGE & PEPPERS W/ MARINARA SAUCE PENNE PASTA MIXED VEGETABLES ITALIAN BREAD FRUIT CUP* OR SEAFOOD SALAD IN A TORTILLA W/ L & T PASTA SALAD</p>	<p>2 TOMATO RICE SOUP* ROAST TURKEY W/ GRAVY & CRANBERRY SAUCE SWEET POTATOES GREEN BEANS WHEAT BREAD BANANA* OR EGG SALAD ON WHEAT W/ L & T GREEN BEAN SALAD</p>	<p>3 SPLIT PEA SOUP* PENNE ALLA VODKA W/ GRILLED CHICKEN TOSSED SALAD RYE BREAD JELLO W/ FRUIT* OR TUNA SALAD ON RYE W/ L & T TOSSED SALAD</p>	<p>4 LENTIL SOUP* SWEDISH MEATBALLS W/ BROWN GRAVY BOW TIE PASTA MIXED VEG WHEAT BREAD PEAR HALVES * OR CHICKEN SALAD IN A TORTILLA W/ L & T COLESLAW</p>	<p>5 MINISTRONE SOUP* CHICKEN TOPPED W/ MOZZARELLA & SPINACH IN A MARSALA SAUCE RICE TOSSED SALAD WHEAT BREAD FRESH FRUIT* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD PASTA SALAD</p>
<p>8 CHICKEN NOODLE SOUP* ROAST PORK W/ GRAVY MASHED POTATOES BEETS WHEAT BREAD APPLESAUCE* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO BEET SALAD</p>	<p>9 SPLIT PEA SOUP* CHICKEN BURRITO W/ LOW FAT CHEESE VEGETABLE RICE PILAF BLACK BEANS CRACKERS PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T 3 BEAN SALAD</p>	<p>10 POTATO CHOWDER SOUP* BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES MIXED VEGETABLES WHEAT BREAD PEACHES* OR EGG SALAD ON WHEAT W/ L & T MACARONI SALAD</p>	<p>11 LENTIL SOUP* BREADED CHICKEN CUTLETS W/ GRAVY MAC & CHEESE PEAS & CARROTS RYE BREAD BANANA * OR TUNA SALAD ON RYE W/ L & T PEA SALAD</p>	<p>12 MINISTRONE SOUP* STUFFED SHELLS W/ MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD BIRTHDAY CAKE* OR CHICKEN SALAD IN A TORTILLA W/ L & T PASTA SALAD</p>
<p>15 TOMATO RICE SOUP* MEATLOAF W/ GRAVY MASHED POTATOES MIXED VEGETABLES WHEAT BREAD FRUIT CUP* OR TUNA SALAD ON RYE W/ L & T POTATO SALAD</p>	<p>16 LENTIL SOUP* JUMBO RAVIOLI W/ MARINARA SAUCE BROCCOLI WHEAT BREAD PEAR HALVES* OR CHICKEN SALAD IN A TORTILLA W/ L & T BROCCOLI SALAD</p>	<p>17 SPLIT PEA SOUP* CHICKEN FRANCAISE BROWN RICE GREEN BEANS ITALIAN BREAD WATERMELON* OR SEAFOOD SALAD IN A TORTILLA W/ L & T GREEN BEAN SALAD</p>	<p>18 VEGETABLE SOUP* CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE TOSSED SALAD WHEAT BREAD BANANA* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD MACARONI SALAD</p>	<p>19 CLOSED</p> 
<p>22 SPLIT PEA SOUP* POT ROAST W/ GRAVY MASHED POTATOES PEAS & CARROTS ROLL ICE CREAM* OR EGG SALAD ON WHEAT W/ L & T PEA SALAD</p>	<p>23 BEEF BARLEY SOUP* CHICKEN PICATTA RICE PILAF MIXED VEGETABLES WHEAT BREAD FRESH FRUIT* OR SLICED TURKEY AND SWISS ON RYE W/ L&T & MAYO. MACARONI SALAD</p>	<p>24 VEGETABLE SOUP* KIELBASA W/ SAUERKRAUT ROASTED POTATOES BROCCOLI WHEAT BREAD WATERMELON* OR CHICKEN SALAD IN A TORTILLA W/ L & T BROCCOLI SALAD</p>	<p>25 CHICKEN NOODLE SOUP* BEEF & BEAN BURRITO W/ CHEESE MEXICAN RICE BEANS CRACKERS PEACH HALVES* OR SEAFOOD SALAD IN A TORTILLA W/ L & T 3 BEAN SALAD</p>	<p>26 LENTIL SOUP* CHICKEN CORDON BLEU (HAM & CHEESE) SWEET POTATOES GREEN BEANS WHEAT BREAD PUDDING* OR TUNA SALAD ON RYE W/ L & T POTATO SALAD</p>
<p>29 SPLIT PEA SOUP* BAKED ZITI W/ EGGPLANT ROLLATINI TOSSED SALAD WHEAT BREAD ORANGE SLICES* OR CHICKEN SALAD IN A TORTILLA W/ L & T TOSSED SALAD</p>	<p>30 MINISTRONE SOUP* CHICKEN STEW W/ POTATOES, CARROTS, ONIONS, NOODLES WHEAT BREAD PEACH HALVES* OR TUNA SALAD ON RYE W/ L & T POTATO SALAD</p>		<p>FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL (516) 676-6182</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>