



Glen Cove Adult Day Program

130 Glen Street, Glen Cove, NY 11542

ADP Schedule of Activities • August 2026

Amanda Freeman • Program Director

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Friendships 3 10a – Recall & Reminiscence: A Friend in Need is a... – Celebrating the people in your life that support and uplift you and bring you joy 10:30 – Cerebral Challenge: Pajama Party I-Spy 11a – Exercise: Beachball Kickball 12p – Lunch, music, & a friend category game 1-2p – End of Day: Bestie Bash – Mocktails, friendship bracelet making, and a game of Pokeno	Sleeping Under the Stars 4 10a – Show & Tell: Cosmic Connections – Pondering the magic and mystery behind this ancient navigation system 11a – Exercise: Zumba w/ Carol 11:45a – Brain Game: <i>Connect-the-Dots</i> Challenge 12:15 – Lunch, music, & an astrophile wordplay 1-2p – End of Day: Galaxy Gathering –Expressive art w/ Dorcy and Kirsten from LIU Post, followed by star cookie baking & a game of volleyball	Lawn Games 5 10a – Sip & Share: Lawnapalooza! – Celebrating the captivating cultural and historical origins of lawn games 10:30a- Brain Booster: <i>Toys & Games</i> crossword 11a – Exercise: Tai Chi w/ Maria 12p – Lunch, music, & a lawn category game 1- 2p – End of Day: Summer Scrubs! A fun sensory afternoon crafting aromatic bath bombs w/ Angela	Travel Souvenirs 6 10a – Show & Tell: Cultural Collectibles – Exploring the vibrant traditions and hidden stories behind travel souvenirs 11a – Sign Language Class – w/ Mill Neck Manor 11:45a – Exercise: Aerobicize w/ Agatha 12:15p – Lunch, music, & a monument match-up 1:15-2p – End of Day: ArtTalk! Get Your Kicks!! – Discussing the portrayal of summer travel in art, guided by Laura Lynch	Sandcastles 7 10a – Reminiscing and Reflecting: Sandscapes – Celebrating the captivating & creative art of sand sculpting 10:30a- Expressive Art: Facilitated by Dorcy & Kirsten from LIU Post 11:45a – Brain Game – <i>Seaside</i> wordsearch 12p – Lunch, music, & a beach hangman 1-2p – End of Day: Exercise: Mind & Body Movement w/ Marvin
Ice Cream Sandwich & Chocolate Chips 10 10a – Sip & Share: “Hokey Pokeys” - Taking a culinary cruise through the humble beginnings of summer’s twisted treat 10:30a- Kitchen Creations: Chipwich making 11:45a – Brain Game: <i>Mice on ice</i> picture-find 12p – Lunch, music, & a dessert round-robin 1-2p – End of Day: Exercise – Balance, Strength, & Fitness class w/ Kayla from Metro PT	Lighthouse 11 10a – Show & Tell: A Light in the Dark – Shining a light on the fascinating history and symbolism surrounding these iconic “mariners’ guides” 11a – Exercise: Zumba w/ Carol 11:45a – Brain Booster: <i>Traveling</i> Crossword 12p – Lunch, & an Obeliscolychny wordplay 1-2p – End of Day: Beacon Bash –Art w/ Dorcy & Kirsten, <i>LIGHT</i> bingo, and a game of kickball	Pirates 12 10a – Tea & Trivia: It’s ARRGG-Gust! – Discussing the colorful legends & language of these notorious “criminals of the sea” 10:30a- Brain Game: <i>Treasure hunt</i> picture-find 11a – Exercise – Tai Chi w/ Maria 12p – Lunch, music, & a Where am I? challenge 1- 2p – End of Day: Shipwreck Shindig - Art w/ Dorcy & Kirsten, pirate name game, & a treasure hunt for chocolate gold coin prizes	Mermaids / Support Group 13 10a – Coffee & Short Stories: Sirens of the Sea – Unearthing the ancient origins and legends related to these water goddesses 11a – Sign Language Class – w/ Mill Neck Manor 11:45a – Exercise: Aerobicize w/ Agatha 12:15 – Lunch, music, & a merfolk category game 1-2p – End of Day: Sea Siren Social – Crafting mermaid pins, clamshell cookie tasting, and a seashell toss	Oysters / Recall & Rem Group 14 10a – Coffee & Conversation: Shellfish Delights ... – What do we know about this romantic and restorative keystone species? 11a – “Recall & Reminiscence” Group - Led by LIU Post professors & graduate interns 12p- Lunch, music, & a shoreline round-robin 1-2p – End of Day: Exercise - Mind & Body Movement w/ Marvin
Artists 17 10a – Show & Tell: A Picture is Worth... – Unveiling the inspiration behind some of our most famous works of art 10:30a – Brain Teaser: <i>Occupation</i> crossword 11a – “In the Moment:” LIM virtual gallery tour 12p – Lunch, music, & a brush category game 1-2p – End of Day: Paint Party – Expressive Art w/ Dorcy & Kirsten, followed by a PAINT bingo	Sunflowers 18 10a – Sip & Share: The Fourth Sister – Investigating the cultural and symbolic significance of this transformative flower 11a – Exercise: Zumba w/ Carol 11:45a – Cognitive Challenge: Decode a joke 12p – Lunch, music, & solanthophile wordplay 1-2p – End of Day: Sunshine Social – Tactile potting craft, cake, and a card game	Watermelon 19 10a – Coffee & Conversation: One in a Melon! – Exploring the intriguing uses and multiple health benefits & of this botanical berry 10:30a – Expressive Art: Led by Dorcy & Kirsten 11a – Exercise: Tai Chi w/ Maria 12p – Lunch, music, & a fruit hangman 1- 2p – End of Day: “Sip & Socialize” – Mocktails, trivia, games, and crafts with Pam and Judith from Sunrise & CareFirst	Thrifting 20 10a – Reminiscing and Reflecting: Trash or Treasure? – Recalling our days of bargain hunting, thrift stores, and garage sales 11a – Sign Language Class – w/ Mill Neck Manor 11:45a – Exercise: Aerobicize w/ Agatha 12:15p – Lunch, music, & a rummage wordplay 1-2p – End of Day: “Making Memories at the Movies” - film discussion guided by Marcy Rhodes	Holzfest 21 10a – Show & Tell: Chippies, Sawdust Chewers, & Jacks – Celebrating Holzfest and the enchanting community of wood carvers & carpenters 10:30a – Decorative Designs: Wood crafting 11:30a – Brain Game: <i>Woodwork</i> wordsearch 12p – Lunch, music, & a game of Name 3 1-2p – End of Day: Exercise - Mind & Body Movement w/ Marvin
Cowboys & Cowgirls 24 10a – Coffee & Short Stories: Yee Haw!! – Reminiscing on the legends, lives, and legacies of these icons of the wild, wild west 10:30a – Brain Booster: <i>Occupation</i> crossword 11a – Staff-Guided Exercise: Bingo-cise 12-2p – Lunch and Live music Wild West Shindig A celebratory afternoon of toe-tapping country music w/ our own “Man in Black” Joe De Mott	Gold Rush 25 10a – Tea & Trivia: All That Glitters: Examining the historic tale of the Klondike gold rush & notorious jewelry heists 10:30a – Brain Game: <i>Treasure</i> I-Spy 11a – Music Therapy – Facilitated by the energetic Zachary Thomas 12p – Lunch, music, and an adornment game 1-2p – End of Day: Prospectors Party – Jewelry making, Klondike bars, & a game of kickball	S’mores 26 10a – Sip & Share: S’more Fun – Shining a light on the introduction of this popular campfire staple 10:30a – Brain Teaser: <i>Camping</i> picture search 11a – Exercise – Tai Chi w/ Maria 12p – Lunch, music, & a food pair challenge 1- 2p – End of Day: Bonfire Bash - Expressive Art w/ Dorcy & Kirsten, S’mores making, & a campfire sing-along	Alcatraz 27 10a – Coffee & Conversation: Pelican Island – Delving into the dark history behind this infamous iconic structure 11a – Sign Language Class – w/ Mill Neck Manor 11:45a – Exercise: Aerobicize w/ Agatha 12:15p – Lunch, music, & birdman category game 1-2p – End of Day: Horticultural Therapy – Sensory & seasonal engagement with Lori Sherman	Bow Tie Day 28 10a – Show & Tell: The “It” Accessory – From the battlefields to fashion shows, the colorful origins of bow ties 10:30a – Expressive Art: Facilitated by Dorcy & Kirsten from LIU Post 11:45a – Brain Booster – Bow Tie I Spy 12p- Lunch, music, & a clothing hangman 1-2p – End of Day: Exercise - Mind & Body Movement w/ Marvin
Chicken and Waffles 31 10a – Sip & Share: Soul Food! – From church fare to jazz clubs, exploring the fascinating cultural and culinary fusion of chicken & waffles 10:30 – Brain Booster: <i>Pantry Peeking</i> game 11a – Bards & Brushes – A morning of theater & art w/ the charismatic Cassidy Nelson 12p – Lunch, music, & food match challenge 1-2p – End of Day: Kitchen Explorations – DIY waffle bar, weaving waffle craft, and food Jingo	<i>"The first week of August hangs at the very top of summer... like the highest seat of a Ferris wheel when it pauses in its turning."</i> – Tuck Everlasting by Natalie Babbitt		August- Special Programs & Events: 5th – Summer Scrubs! Crafting summer bath bombs w/ Angela Carillo 6th – Gallery Gathering: “ArtTalk” facilitated by Laura Lynch 14th – “Recall & Reminiscence” Group: Guided by LIU Post professors & student interns 17th – “In the Moment:” Long Island Museum virtual gallery tour and art-making session	
		August – Special Programs & Events: 19th – Sip & Socialize: Crafts and trivia with Pam & Judith from Sunrise & CareFirst 20th – Making Memories at the Movies: Film reminiscence guided by Marcy Rhodes 24th – Live Music: Two Stepping Country celebrations w/ the talented Joe De Mott 25th- Music Therapy: Led by Zachery Thomas 13th – Caregiver Support Group @ 10:15a		

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