

ISSUE 86

JULY 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](http://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:

Glen Cove Senior Center

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## WALK WITH A DOC JULY PROGRAM

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



Walk with a Doc Lecture

### Healthy Skin

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, July 16th, 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

### Piel Sana


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, 16 de julio, 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) 759-9610

# A LETTER FROM OUR DIRECTOR

Dear Friends,

July is a wonderful month to celebrate the Independence of our country. Independence Day commemorates the adoption of the Declaration of Independence in 1776. It marks the official birth of the United States as an independent nation, built on principles of liberty and self-determination. As they celebrated back in 1776, we will continue to celebrate this wonderful day on Thursday, July 2<sup>nd</sup>. If you would like to join us for lunch, please don't forget to reserve your meal by Tuesday, June 30<sup>th</sup>!

Once again, our Senior picnic was a true success this year. We served over 275 of our wonderful seniors! I will say it is one of my and the center staff's favorite day of the year. We all got to be together outside, enjoying the beautiful weather, eating hamburgers and hot dogs, watermelon and ice cream, all while listening to the wonderful music of Our Generation. Our seniors danced the day away!

I can't thank my staff enough for all they did to make this day perfection. Every single person contributed in one way or another, worked together as a team and enjoyed every minute of it. There was a lot of pre-planning for the day from registering members, organizing the transportation, ordering the food and drinks, setting up music for the day, confirming golf carts for our members, and making sure the parking lot was swept and ready for us. It took a lot of planning and I am grateful for all their hard work! They are all one of kind and never give less than 110% to our members each and every day! The picnic is no exception, as we had all staff present and working very hard. They are the best!

Thank you also to Mayor Panzenbeck, Donna McNaughton and the council members who were able to join us. Their unending support is so appreciated. In addition to being in attendance, Mayor Panzenbeck shared citations with our volunteer members showing appreciation for how much they give. It was wonderful to honor them that day. Thank you to Glen Cove DPW, Glen Cove Fire Department, and Spiro Tsirkas; Parks and Recreation for all their help. Last, but not least, thank you to our sponsors Emerge and Glen Cove Center for Rehabilitation for the delicious ice cream truck. It is always a favorite of our seniors! Thank you to Oyster Bay Manor Assisted Living and Brookville Home Care for sponsoring the music of Our Generation. It was a wonderful day had by all!

July is traditionally a very hot month, so please be careful to hydrate and dress accordingly for the warm weather. Our center is open Monday – Friday 9:00 am – 5:00 pm, so if you would like to spend the hot days with us enjoying a delicious lunch and participating in our programs and services, please don't hesitate to contact Lisa to reserve your lunch order and schedule for bus transportation is necessary.

I wish you all a peaceful and enjoyable July!

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!*

## JULY HAPPENINGS AT THE GLEN COVE SENIOR CENTER

### INTERACTIVE LIVE TOURS

from the comfort of our Center!

July 8<sup>th</sup> at 10:30am – **NORWICH, ENGLAND**

July 15<sup>th</sup> at 11:00am – **ALGIERS, AFRICA**

July 28<sup>th</sup> at 1:30pm – **BOSTON, MASSACHUSETTS**

*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:

July 13<sup>th</sup> at 1:00pm – Sponsored by *Glengariff Rehab*

July 21<sup>st</sup> at 1:00pm – Sponsored by *Emerge & Glen Cove Rehabilitation*

July 27<sup>th</sup> at 2:00pm – Sponsored by *Glengariff Rehab*

### **NEW CLASS:**

#### Beat At Your Own Drum

July 9<sup>th</sup> & 23<sup>rd</sup> 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*)

July 6th, 14th, & 30th at 3:00pm

#### Walking Club

Downtown Glen Cove

July 6<sup>th</sup> at 10:15am

July 14<sup>th</sup> at 10:15am

July 20<sup>th</sup> at 10:15am

July 28<sup>th</sup> at 10:15am

#### Long Island During the American Revolution Lecture

Wednesday, July 1<sup>st</sup> at 1:00pm

Join us for a captivating presentation, "Long Island During the American Revolution," by award-winning historian Bill Bleyer. He will explore our region's significant role as a battleground of divided loyalties and covert operations during British occupation. From the aftermath of the Battle of Long Island to the exploits of the Culper Spy Ring, Bleyer will share local heroes and pivotal moments that shaped the fight for independence. Whether you're a history enthusiast or simply curious about Long Island's Revolutionary-era stories, you'll enjoy Bleyer's engaging storytelling and insights. Don't miss this opportunity to connect with our community's remarkable history!

#### Independence Day Luncheon

Thursday, July 2<sup>nd</sup> from 12:00pm – 1:00pm

Join us for a joyful and patriotic Independence Day Luncheon! Enjoy great company, live music, delicious food, and the festive spirit of the holiday. This is a wonderful opportunity to honor the day, share in the cherished traditions, and celebrate the strength and unity of our community. We look forward to spending this special holiday with you!

#### Golden Gallery Reception (Open to Everyone)

Thursday, July 2<sup>nd</sup> from 1:00pm – 2:00pm

We're proud to celebrate the creativity and talent of our members at this year's Golden Gallery Reception, showcasing artwork from our Drawing and Painting class led by instructor Chuck Van Horn. Under Chuck's guidance, our class has flourished, and this reception is a wonderful chance to honor their achievements. We hope you'll join us in celebrating the arts and the incredible creativity within our center.

#### America's Songbook with Jay Daniels

Monday, July 6<sup>th</sup> at 1:00pm

We're excited to welcome acclaimed pianist and vocalist Jay Daniels for a special program celebrating the music that shaped our nation. With his rich storytelling and exceptional musicianship, guests will enjoy an afternoon of unforgettable songs and the memories they inspire. This uplifting performance offers a blend of history and heart, perfect for music lovers of all generations. Join us in celebrating the songs that define the American spirit!

#### Shake, Rattle, & Rock Show with Fiz

Tuesday, July 7<sup>th</sup> at 1:00pm

Get ready to rock! We're celebrating National Rock & Roll Day with an electrifying live performance by Fiz. Known for his powerful vocals and dynamic stage presence, Fiz brings the true spirit of rock and roll to life with a mix of classic hits, high-energy favorites, and feel-good anthems that will have everyone moving. His performance captures the heart of the genre and the joy it continues to bring across generations. With Fiz leading the way, it's sure to be a celebration you won't want to miss!

#### Soulful Sounds with Rhonda Denet

*Sponsored By: Carefirst Home Solutions*

Wednesday, July 8<sup>th</sup> at 1:00pm

We are excited to welcome back the amazing Rhonda Denet for a performance that promises to be unforgettable. Known for her stunning vocals and charismatic stage presence, Rhonda brings classic jazz, soul, and timeless favorites to life. Her warm energy creates an intimate and inspiring atmosphere. Join us for an afternoon of beautiful music and joyful connection, as Rhonda's artistry leaves a lasting impression. We can't wait to share this experience with our community!

#### Jackie and The Rippers - Circle of Friends Event

*(Open to Everyone. Reservations Required)*

Wednesday, July 8<sup>th</sup> from 6:00pm – 8:00pm

Join us for an exciting evening with Jackie and The Rippers as they take you on a high-energy musical journey through rock's greatest hits. With their powerful sound and dynamic performance, this band is sure to get everyone moving. Tickets are just \$10 and include dinner, making it a fantastic deal! This all-ages event promises a night filled with rhythm, nostalgia, and pure rock-and-roll excitement. Bring your family and friends for a memorable night!

## JULY HAPPENINGS AT THE GLEN COVE SENIOR CENTER

### **Martin & Lewis: Comedy Team Lecture**

**Tuesday, July 14<sup>th</sup> at 1:00pm**

Join us for an engaging presentation by historian Larry Wolff as he delves into the iconic partnership of Dean Martin and Jerry Lewis, one of America's most beloved comedy duos. Through stories, film clips, and behind-the-scenes insights, Larry captures the magic and chemistry that made Martin & Lewis a sensation in the 1940s. This lecture provides a fascinating look at their creative impact and lasting legacy in entertainment. Whether you're a longtime fan or new to their work, enjoy an afternoon filled with laughter and nostalgia.

### **July Birthday Celebration**

**Friday, July 17<sup>th</sup> at 12:45pm**

Join us as we celebrate the July 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!

### **Ice Cream Social** *Sponsored By: Atria Glen Cove*

**Friday, July 17<sup>th</sup> at 1:15pm**

Join us for our National Ice Cream Day Ice Cream Social and celebrate the sweetest day of the summer! We will be serving a variety of delicious ice cream flavors along with toppings, allowing you to create your perfect sundae. This is a joyful celebration of summertime—a great opportunity to relax, socialize, and treat yourself. Come enjoy a scoop (or two) and share in the fun with our community!

### **Mocktail & Mingle**

*Sponsored By: Sunrise of Glen Cove*

**Wednesday, July 22<sup>nd</sup> 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!

### **Tony Bennett Tribute Show**

**Thursday, July 23<sup>rd</sup> at 1:00pm**

Join us for a heartfelt musical celebration at the Tony Bennett Tribute Show. Experience the timeless elegance and

emotional depth of Bennett's classic songs, capturing the spirit that made him an American icon.

### **Big Band Serenade with Frank Pioneiro**

**Friday, July 24<sup>th</sup> at 1:00pm**

Join us for an unforgettable musical experience as Frank Pioneiro performs in our Big Band Serenade show. With his smooth vocals and charismatic presence, he brings the elegance and rhythm of the big band era to life, featuring swing classics and lush ballads that inspire music lovers of all ages.

### **Country Western Day Luncheon**

**Tuesday, July 28<sup>th</sup> from 12:00pm – 1:00pm**

Dust off your boots and join us for a fun-filled Country Western Day Luncheon, complete with live music, great food, and special guests. Don't forget to dress in your best country outfit – cowboy hats, denim, boots, and all. We're embracing the full spirit of the West, and we can't wait to see everyone's country style shine!

### **Straight From The Heart - Circle of Friends Event**

*(Open to Everyone. Reservations Required)*

**Wednesday, July 29<sup>th</sup> 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 performance. Enjoy a great 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, making this one of our best-value events of the season. This special program is open to everyone of all ages, so bring family, friends, and anyone who loves good music and a great night out.

### **Urban Zen Meditation Workshop**

*Sponsored By: Glengariff Rehab*

**Thursday, July 30<sup>th</sup> 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.



Everyone had a fantastic time dancing to the lively tunes from the energetic **Gotcha Covered Band** during one of the many **Circle of Friends** events at the Glen Cove Senior Center.



**July 2026**  
**Glen Cove Senior Center**  
**130 Glen Street, Glen Cove, NY 11542**  
**516-759-9610**

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: center;"><b>TRIPS ON SALE NOW:</b></p> <p>8/5 – Schmigadoon! Broadway            8/7 – Essex Steam Train &amp; Riverboat            8/19 – Beautiful Musical            8/26 – Come From Away Musical            9/9 – East End Winery &amp; Shopping            9/16 – Feast of San Gennaro 100yr.            9/30 – NYC Bus Tour &amp; Museum            10/14 – Cabaret Musical</p>	<p style="text-align: center;"><b>JACKIE AND THE RIPPERS</b>  <b>July 8</b></p> <p style="text-align: center;"><b>STRAIGHT FROM THE HEART</b>  <b>July 29</b></p> <p style="text-align: center;"><b>6:00pm – 8:00pm</b>  <b>DINNER &amp; SHOW JUST \$10</b></p> <p style="text-align: center;"><b>Open to EVERYONE for ALL ages</b></p>	<p>9:05 – Seniorobics w/            9:05-12:00 – Learn to            10:15 – Stretching &amp; Str  <b>11:00 – WOMEN'S CLU</b>  <b>1:00 – LONG ISLAND D</b>  <b>REVOLUTION L</b>            2:00 – Canasta, Bridge            2:00 – Chair Yoga, Ton</p>
<p>9:05 – Brain Booster Club 6            9:05 – Crocheting w/ Friends  <b>10:15 – WALKING CLUB</b>            10:30 – Exercise w/ YMCA 11:00 – Rummikub  <b>1:00 – AMERICA'S SONGBOOK w/ Jay Daniels</b>            1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping            2:00 – Canasta, Mahjong, &amp; Bridge            2:15 – Bingo 2:30 – Tai Chi w/ Spencer  <b>3:00 – 4:00 – BEGINNER &amp; INTER PICKLEBALL</b>  <b>Clinic &amp; Open Play Stanco Park Sign-up Required</b></p>	<p style="text-align: center;"><b>NATIONAL ROCK &amp; ROLL DAY</b> 7</p> <p>10:00 – Painting &amp; Drawing w/ Chuck            11:00 – Total Body Fitness 11:00-2:00 – Manicures  <b>11:00 – BEREAVEMENT GROUP with COMHPS</b>  <b>11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne</b>  <b>11:00 – ROCK &amp; ROLL TRIVIA GAMESHOW</b>  <b>12:00 – ROCK &amp; ROLL DAY LUNCHEON</b>  <b>1:00 – SHAKE, RATTLE &amp; ROCK SHOW w/ FIZ</b>            1:00 – Yoga &amp; Pilates w/ Karen 2:00 – Bingo            2:00 – Canasta, Mahjong, Bridge 2:15 – Ping Pong</p>	<p>9:05 – Seniorobics w/            10:15 – Stretching &amp; Str  <b>10:30 – INTERACTIVE L</b>  <b>11:00 – WOMEN'S CLU</b>  <b>1:15 – SOULFUL SOUN</b>  <b>Sponsor: CAREFIR</b>            2:15 – Bingo, Canasta,            2:00 – Chair Yoga, Ton  <b>6:00 – 8:00 – JACKIE A</b>  <b>DINNER INCLUDED RE</b></p>
<p>9:05 – Brain Booster Club 9:05 – Crocheting 13  <b>9:05-12:00 – NUTRITION COUNSELING</b>            10:30 – Exercise w/ YMCA 11:00 – Rummikub  <b>11:15 – GARDEN CLUB MEETING</b>  <b>1:00 – FREE BINGO w/ PRIZES</b>  <b>Sponsor: GLENGARIFF REHAB HEALTHCARE</b>            1:00 – Canasta, Mahjong, &amp; Bridge            1:15 – ZUMBA w/ Nilo            1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting &amp; Drawing w/ Chuck 14  <b>10:15 – WALKING CLUB</b> 11:00-2:00 – Manicures            11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia  <b>11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne</b>  <b>1:00 – MARTIN &amp; LEWIS COMEDY TEAM Lecture</b>            1:00 – Yoga &amp; Pilates w/ Karen 2:15 – Ping Pong            2:00 – Canasta, Mahjong, &amp; Bridge 2:15 – Bingo  <b>3:00 – 4:00 – BEGINNER &amp; INTER PICKLEBALL</b>  <b>Clinic &amp; Open Play Stanco Park Sign-up Required</b></p>	<p style="text-align: center;"><b>AIN'T TOO PRO</b></p> <p>9:05 – Seniorobics w/            9:05-12:00 – Learn to            10:15 – Stretching &amp; Str  <b>11:00 – INTERACTIVE L</b>  <b>11:00 – WOMEN'S CLU</b>            11:00 – Rummikub Club            1:00 – Bingo, Canasta,            2:00 – Chair Yoga, Ton</p>
<p>9:05 – Brain Booster Club 20            9:05 – Crocheting w/ Friends  <b>10:15 – WALKING CLUB</b>            10:30 – Exercise w/ YMCA 11:00 – Rummikub  <b>1:00 – MOVIE</b>            1:00 – Canasta, Mahjong, &amp; Bridge            1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping            2:15 – Bingo 2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting &amp; Drawing w/ Chuck 21            11:00 – Total Body Fitness w/ Marvin            11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia  <b>1:00 – BEREAVEMENT GROUP with COMHPS</b>  <b>1:00 – FREE BINGO w/ PRIZES</b>  <b>Sponsor: EMERGE &amp; GC NURSING + REHAB</b>            1:00 – Yoga &amp; Pilates w/ Karen 1:00 – Ping Pong            1:00 – Canasta, Mahjong, &amp; Bridge</p>	<p style="text-align: center;"><b>THE WEDDING SI</b></p> <p>9:05 – Seniorobics w/            10:15 – Stretching &amp; Str  <b>11:00 – WOMEN'S CLU</b>            1:00 – Canasta, Mahjo  <b>1:15 – SOCIAL CLUB K</b>  <b>Sponsor: SUNRISE OF</b>            2:00 – Chair Yoga, Ton</p>
<p>9:05 – Brain Booster Club 9:05 – Crocheting 27  <b>10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only)</b>            10:30 – Exercise w/ YMCA 11:00 – Rummikub  <b>11:00 – MUSIC JAM w/ Jeff</b>  <b>1:00 – DIETARY GUIDELINES WORKSHOP</b>            1:00 – Canasta, Mahjong, &amp; Bridge            1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping  <b>2:00 – FREE BINGO w/ PRIZES</b>  <b>Sponsor: GLENGARIFF REHAB HEALTHCARE</b>            2:30 – Tai Chi w/ Spencer</p>	<p>10:00 – Painting &amp; Drawing w/ Chuck 28  <b>10:15 – WALKING CLUB</b>            11:00-2:00 – Manicures            11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia  <b>11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne</b>  <b>12:00 – COUNTRY WESTERN DAY LUNCHEON</b>            1:00 – Yoga &amp; Pilates w/ Karen 1:00 – Ping Pong            1:00 – Canasta, Mahjong, &amp; Bridge 1:00 – Bingo  <b>1:30 – INTERACTIVE LIVE TOUR: MASSACHUSETTS</b></p>	<p>9:05 – Seniorobics w/            9:05-12:00 – Learn to            10:15 – Stretching &amp; Str  <b>11:00 – WOMEN'S CLU</b>  <b>1:00 – MATH IS FUN L</b>            1:00 – Canasta, Mahjo            2:00 – Chair Yoga, Ton  <b>6:00 – 8:00 – STRAIGH</b>  <b>DINNER INCLUDED RE</b></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
<p>Fran <b>1</b> Crochet w/ Kate Strength Training w/ Nick <b>B</b> 11:00 – Rummikub <b>DURING THE AMERICAN</b> <b>LECTURE w/ Bill Bleyer</b> , &amp; Mahjong 2:00 – Bingo ing, &amp; Balance w/ Nilo</p>	<p><b>2</b> 9:05 – Brain Booster Club 10:15 – Card &amp; Board Games <b>10:30 – CC Board Meeting</b> 11:00 – Exercise YMCA 11:00-2:00 – Manicures w/ Ursula <b>12:00 – INDEPENDENCE DAY LUNCHEON</b> <b>1:00-2:00 – GOLDEN GALLERY RECEPTION</b> 1:00 – Canasta &amp; Mahjong 1:15 – Food Shopping <b>1:30 – Centre Club</b> 2:00 – Billiards Club</p>	<p><b>3</b> <b>THE CENTER IS CLOSED</b> </p>
<p>Fran &amp; Crochet w/ Kate <b>8</b> Strength Training w/ Nick <b>LIVE TOUR: ENGLAND</b> <b>B</b> 11:00 – Rummikub <b>IDS w/ RHONDA DENET</b> <b>ST HOME SOLUTIONS</b> Mahjong, &amp; Bridge ing, &amp; Balance w/ Nilo <b>AND THE RIPPERS \$10</b> <b>SERVATIONS REQUIRED</b></p>	<p><b>9</b> 9:05 – Brain Booster Club 10:15 – Card &amp; Board Games 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula <b>11:00 – American Legion Meeting</b> <b>1:00 – ART EXPRESSION WORKSHOP w/ Ivonne</b> <b>1:00 – LILA</b> 1:00 – Canasta &amp; Mahjong <b>1:15 – BEAT AT YOUR OWN DRUM Workout</b> 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p><b>10</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends <b>10:00-11:30 – SEWING CLUB w/ Stephanie</b> <b>11:00 – BOOK CLUB</b> 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching &amp; Meditation w/ Nick 1:00 – Bingo 1:00 – Canasta &amp; Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>
<p><b>15</b> Fran Crochet w/ Kate Strength Training w/ Nick <b>LIVE TOUR: AFRICA</b> <b>B</b> Mahjong, &amp; Bridge ing, &amp; Balance w/ Nilo</p>	<p><b>16</b> <b>9:00 – WALK WITH A DOC Garvies Point</b> 9:05 – Brain Booster Club <b>9:30 – 12:00 – SNAP By Appointment</b> 10:15 – Card &amp; Board Games <b>10:30 – CC Board Meeting</b> 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta &amp; Mahjong 1:15 – Food Shopping <b>1:30 – Centre Club</b> 2:00 – Billiards Club</p>	<p><b>17</b> <b>NATIONAL ICE CREAM DAY</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 11:00 – Rummikub Club 11:00 – Trivia 11:00 – Stretching &amp; Meditation w/Nick <b>12:45 – JULY BIRTHDAY'S CELEBRATION</b> <b>1:15 – ICE CREAM SOCIAL ATRIA GLEN COVE</b> 1:15 – Line Dancing W/ Kathy 2:00 – Bingo, Canasta, &amp; Bridge 2:30 – Tai Chi w/ Spencer</p>
<p><b>22</b> Fran &amp; Crochet w/ Kate Strength Training w/ Nick <b>B</b> 11:00 – Rummikub ng, &amp; Bridge <b>KARAOKE &amp; MOCKTAILS</b> <b>GLEN COVE</b> 2:00 – Bingo ing, &amp; Balance w/ Nilo</p>	<p><b>23</b> <b>ST. FRANCIS OUTREACH BUS 10-2</b> 9:05 – Brain Booster Club 10:15 – Card &amp; Board Games 11:00 – Exercise YMCA 11:00-2:00 – Manicures <b>1:00 – TONY BENNETT TRIBUTE SHOW</b> 2:00 – Canasta &amp; Mahjong <b>1:15 – BEAT AT YOUR OWN DRUM Workout</b> 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p><b>24</b> 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching &amp; Meditation w/ Nick <b>1:00 – BIG BAND SERENADE w/ F. PIONEGRO</b> 1:15 – Line Dancing 2:00 – Canasta &amp; Bridge 2:00 – Bingo 2:30 – Tai Chi w/ Spencer</p>
<p>Fran <b>29</b> Crochet w/ Kate Strength Training w/ Nick <b>B</b> 11:00 – Rummikub <b>LECTURE w/ F. Demita</b> ng, &amp; Bridge 2:00 – Bingo ing, &amp; Balance w/ Nilo <b>IT FROM THE HEART \$10</b> <b>SERVATIONS REQUIRED</b></p>	<p><b>30</b> 10:15 – Card &amp; Board Games <b>10:30 – ARTS &amp; CRAFTS CLUB w/ Marjorie</b> 11:00 – Exercise YMCA 11:00-2:00 – Manicures <b>1:00 – URBAN ZEN MEDITATION WORKSHOP</b> <b>Sponsored By: GLENGARIFF REHAB HEALTHCARE</b> 1:00 – Canasta &amp; Mahjong 1:15 – Food Shopping 2:00 – Billiards Club <b>3:00 – 4:00 – BEGINNER &amp; INTER PICKLEBALL</b> <b>Clinic &amp; Open Play Stanco Park Sign-up Required</b></p>	<p><b>31</b> 9:05 – Seniorobics w/ Fran 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 &amp; Meditation w/ Nick 1:00 – Bingo, Canasta, &amp; Bridge <b>1:15 – PAINT PARTY w/ Alicia</b> 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>

## JULY HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

The Glen Cove Adult Day Program wishes you a summer full of beachy fun, cool drinks, and tasty barbecues with friends and family! In this month named after Julius Caesar, Americans will spend an average of 1 billion dollars on fireworks, and we will eat approximately 150 million hot dogs on Independence Day. In July, we wish our Cancer and Leo friends happy birthdays! In addition to being one of the hottest months of the year in the Northern Hemisphere, there are many fun and whimsical days to enjoy. Most notably, we celebrate the birth of the United States of America on 7/04! Other monthly and daily observances include Grilling Month, Hot Dog Month, Picnic Month, Ice Cream Month, Hawaii & National Piña Colada Day, Christmas in July, Moon Day & Space Exploration Day, National Swimming Pool Day, Shark Awareness Day, and Disability Pride Month. We look forward to having a variety of parties and activities to acknowledge these themes at the Glen Cove Adult Day Program. We will have a Grills & Thrills Party, Shellabration Shindig, Summer Splash Soiree, and a Fruity Fiesta! In addition, we will enjoy Christmas in July with a party and live music to get into the spirit!

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. Laura Lynch, the former director of the Nassau County Museum of Art, will host an art presentation and discussion titled "ArtTalk." 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. CareFirst Home Solutions will also be generously sponsoring a musical performance this month! Our friend Deirdre from Oyster Bay Manor Assisted Living will join us this month to host a special craft activity. Ally Pond Environmental Center will bring us live animals to meet during their informative and engaging "Meet the Animals" presentation. We regularly work on maintaining our physical health through 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 July 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](mailto:afreeman@glencoveny.gov).

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



Picnics, Pineapples, & Performances. ADP Participant, Staff, & Volunteers are enjoying the kick off to Summer

# LUNCH MENU JULY 2026

FOR RESERVATIONS PLEASE CALL (516) 676-6182

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL (516) 676-6182</b></p>	<p><b>PLEASE NOTE:</b> IN ORDER TO RESERVE THE MEAL YOU DESIRE LUNCH RESERVATIONS MUST BE MADE <b>BY NOON</b> AT LEAST <b>TWO BUSINESS DAY</b> PRIOR TO THE DAY YOU ARE COMING IN <b>THANK YOU</b> * SOUP &amp; DESSERT COMES WITH BOTH MEALS</p>	<p><b>1</b> <b>SPLIT PEA SOUP*</b> GREEK SALAD PLATE (LETTUCE, TOMATOES, FETA CHEESE, CUCUMBERS) W/ GRILLED CHICKENSALAD PASTA SALAD PITA BREAD <b>BANANA*</b> OR HAM &amp; CHEESE ON RYE W/ L&amp;T &amp; MUSTARD PASTA SALAD</p>	<p><b>2</b> <b>CREAM OF BROCCOLI SOUP*</b> STUFFED PEPPERS, W/ GROUND BEEF &amp; CHEESE BROWN RICE GREEN BEANS WHEAT BREAD <b>PEAR HALVES *</b> OR SLICED TURKEY AND SWISS ON RYE W/ L &amp; T &amp; MAYO POTATO SALAD</p>	<p><b>3</b> The center will be closed for <b>INDEPENDENCE DAY</b></p> 
<p><b>6</b> <b>TOMATO RICE SOUP*</b> CHICKEN TOPPED W/ MOZZARELLA &amp; SPINACH IN A MARSALA SAUCE MASHED POTATOES CARROTS WHEAT BREAD <b>PEACH HALVES*</b> OR SEAFOOD SALAD IN A TORTILLA W/ L &amp; T GREEN BEAN SALAD</p>	<p><b>7</b> <b>CORN CHOWDER SOUP*</b> BEEF TACO W/ SHREDDED LETTUCE , TOMATOES &amp; CHEESE ON A TORTILLA MEXICAN RICE &amp; BEANS CRACKERS <b>BANANA*</b> OR EGG SALAD ON WHEAT W/ L &amp; T POTATO SALAD</p>	<p><b>8</b> <b>SPLIT PEA SOUP*</b> CHICKEN CORDON BLEU (HAM &amp; CHEESE) ROASTED POTATOES BROCCOLI ITALIAN BREAD <b>JELLO W/ MIXED FRUIT*</b> OR TUNA SALAD ON RYE W/ L &amp; T BROCCOLI SALAD</p>	<p><b>9</b> <b>LENTIL SOUP*</b> SWEDISH MEATBALLS W/ BROWN GRAVY NOODLES MIXED VEG WHEAT BREAD <b>PUDDING *</b> OR CHICKEN SALAD IN A TORTILLA W/ L &amp; T PASTA SALAD</p>	<p><b>10</b> <b>MINISTRONE SOUP*</b> BREADED CHICKEN CUTLETS W/ GRAVY MAC &amp; CHEESE PEAS &amp; CARROTS RYE BREAD <b>ORANGES*</b> OR HAM &amp; CHEESE ON RYE W/ L&amp;T &amp; MUSTARD COLESLAW</p>
<p><b>13</b> <b>SPLIT PEA SOUP*</b> BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES TOSSED SALAD WHEAT BREAD <b>PUDDING*</b> OR SLICED TURKEY AND SWISS ON RYE W/ L &amp; T &amp; MAYO TOSSED SALAD</p>	<p><b>14</b> <b>CHICKEN NOODLE SOUP*</b> JUMBO RAVIOLI W/ MEAT SAUCE ITALIAN BLEND VEGGIES ITALIAN BREAD <b>FRUIT CUP*</b> OR SEAFOOD SALAD IN A TORTILLA W/ L &amp; T VEGGIE SALAD</p>	<p><b>15</b> <b>POTATO CHOWDER SOUP*</b> CHICKEN PICATTA RICE PILAF GREEN BEANS WHEAT BREAD <b>BANANA*</b> OR EGG SALAD ON WHEAT W/ L &amp; T 3 BEAN SALAD</p>	<p><b>16</b> <b>LENTIL SOUP*</b> SAUSAGE &amp; PEPPERS W/ MARINARA SAUCE PENNE PASTA BROCCOLI RYE BREAD <b>PEAR HALVES*</b> OR TUNA SALAD ON RYE W/ L &amp; T BROCCOLI SALAD</p>	<p><b>17</b> <b>CREAM OF BROCCOLI SOUP*</b> MEATLOAF W/ GRAVY MASHED POTATOES MIXED VEGETABLES WHEAT BREAD <b>BIRTHDAY CAKE*</b> OR CHICKEN SALAD IN A TORTILLA W/ L &amp; T POTATO SALAD</p>
<p><b>20</b> <b>LENTIL SOUP*</b> LOIN OF PORK W/ GRAVY MASHED POTATOES BEETS WHEAT BREAD <b>FRUIT CUP*</b> OR CHICKEN SALAD IN A TORTILLA W/ L &amp; T BEET SALAD</p>	<p><b>21</b> <b>TOMATO RICE SOUP*</b> SLOPPY JOES ON A BUN FRENCH FRIES COLESLAW CRACKERS <b>JELLO*</b> OR HAM &amp; CHEESE ON RYE W/ L&amp;T &amp; MUSTARD COLESLAW</p>	<p><b>22</b> <b>SPLIT PEA SOUP*</b> CHICKEN FRANCAISE ROASTED POTATOES MIXED VEGGIES WHEAT BREAD <b>APPLESAUCE*</b> OR SEAFOOD SALAD IN A TORTILLA W/ L &amp; T POTATO SALAD</p>	<p><b>23</b> <b>POTATO CHOWDER-SOUP*</b> STUFFED SHELLS W/ MARINARA SAUCE SPINACH TOSSED SALAD WHEAT BREAD <b>BANANA*</b> OR EGG SALAD ON WHEAT W/ L &amp; T PASTA SALAD</p>	<p><b>24</b> <b>VEGETABLE SOUP*</b> CHICKEN SORRENTINO (EGGPLANT, MOZZARELLA &amp; MARINARA SAUCE) MASHED POTATOES GREEN BEANS ITALIAN BREAD <b>PUDDING*</b> OR TUNA SALAD ON RYE W/ L &amp; T MACARONI SALAD</p>
<p><b>27</b> <b>TOMATO RICE SOUP*</b> OPEN FACE TURKEY ON RYE SWEET POTATOES GREEN BEANS CRACKERS <b>JELLO W/ MIXED FRUIT*</b> OR TUNA SALAD ON RYE W/ L &amp; T TOSSED SALAD</p>	<p><b>28</b> <b>CHICKEN NOODLE SOUP*</b> BAKED PENNE PASTA W/ SPINACH &amp; CHEESE TOSSED SALAD WHEAT BREAD <b>PEACH HALVES*</b> OR CHICKEN SALAD IN A TORTILLA W/ L &amp; T TOMATO &amp; CUCUMBER SALAD</p>	<p><b>29</b> <b>LENTIL SOUP*</b> SPAGHETTI &amp; MEATBALLS ITALIAN VEGETABLES RYE BREAD <b>PUDDING *</b> OR SLICED TURKEY AND SWISS ON RYE W/ L &amp; T &amp; MAYO POTATO SALAD</p>	<p><b>30</b> <b>VEGETABLE SOUP*</b> POT ROAST W/ GRAVY MASHED POTATOES PEAS &amp; CARROTS WHEAT BREAD <b>APRICOT HALVES*</b> OR SEAFOOD SALAD IN A TORTILLA W/ L &amp; T COLESLAW</p>	<p><b>31</b> <b>SPLIT PEA SOUP*</b> CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE BROCCOLI WHEAT BREAD <b>BANANA*</b> OR EGG SALAD ON WHEAT W/ L &amp; T PASTA SALAD</p>