



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



Nassau County Office for the Aging
This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging, the U. S. Administration on Aging and the City of Glen Cove

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