



*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

SPECIAL EVENTS



CONTACT INFORMATION

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Please like us on Facebook:

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A LETTER FROM OUR DIRECTOR

Dear Readers,

Happy August! As in previous years, this month tends to share very hot weather, so please take care to keep yourself cool, as much as possible. A few tips to remember while spending time in the hot weather are to make sure you have water, wear a hat to protect from the sun and if possible, put on sunscreen! I know many of you visit family and friends and/or take vacations during the summer, so please take care traveling and as always, if you need help with anything, we are always here for you.

Our Gardening Club is bustling with growth! Our members have done a fabulous job planting and replanting and our patio looks beautiful! Please find a moment to take in the beauty while you sit and read, talk with friends or just enjoy the colors blooming all around you!

This month we have a very exciting event happening! On Wednesday, August 12th we will be having a fashion show including our very own members modeling the beautiful clothes from our Rose Shoppe!! We will be offering a delicious dinner with music, photo booth and door prizes. The event is from 6:00 pm – 9:00 pm and we welcome all who would like to attend. Please call the Center at 516-759-9610 to secure your place for the event of the summer!

Years ago, before COVID hit, the Center had a choral group that our members truly enjoyed being a part of. It has taken a bit of time, but we have found two wonderful individuals to lead us all in song once again. This group will start on Thursday, August 13th at 10:45 am. There is no need to sign up, just meet in the Activity Room and share your talented voice with all.

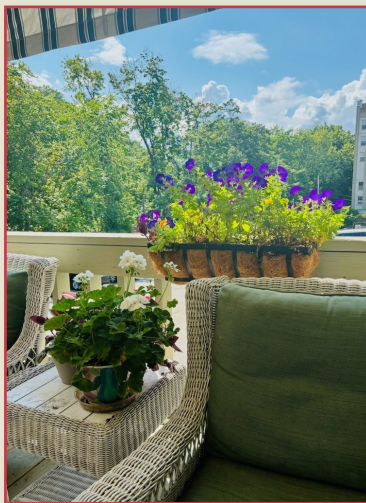
As a reminder, our wonderful social workers, Sherri Meagher and Charmaine Clark are at the Center to help all members with any issue they may have. If you are in need of social service help, please don't hesitate to call the Center at 516-759-9610 and ask for Sherri or Charmaine.

Thank you to Mayor Pam Panzenbeck, Deputy Mayor Donna McNaughton, all the council members and the entire community who continue to support our beloved Senior Center. Thank you to our members for sharing your hearts with us, we cherish every minute with you!

Best Regards,

Christine Rice

Christine Rice
Executive Director



Blossoming flowers on our upstairs and downstairs patios

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!

AUGUST HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

from the comfort of our Center!

August 11th at 11:00 am – YORKSHIRE, 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:

August 24th at 2:00 pm – *Sponsored by Glengariff Rehab*

August 25th at 2:00 pm – *Sponsored by Emerge & Glen Cove Rehabilitation*

August 31st at 2:00 pm – *Sponsored by Glengariff Rehab*

NEW CLASS:

Letters & Lives Workshop

August 4th & 18th at 11:00 am

Letters & Lives is a creative program that fosters meaningful interactions and self-expression. Members can participate in activities like writing heartfelt letters and engaging in projects that reflect their thoughts and gratitude. These activities aim to strengthen connections with family, friends, caregivers, and anyone who has positively impacted their lives

Peace Education Program

August 12th at 10:45 am – Introduction

August 26th – October 28th Every Wednesday (10 sessions) at 10:45 am

Join our free 10-week workshop series, designed to help you explore inner peace through reflection and discussion. Developed by The Prem Rawat Foundation, this video-based course covers ten inspiring themes: Peace, Appreciation, Inner Strength, Self Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment. Participants will watch weekly videos, share insights, and engage in guided reflection activities. This program offers a welcoming space to deepen your sense of calm and personal resilience.

Choral Club

Thursday August 13th & 20th at 10:45 am

Our Choral Club is back and welcomes everyone, including beginners! Over the next few months, members will learn songs for a special performance in December. Whether you're a seasoned singer or new to it, join us for a fun opportunity to make music together!

Pickleball Open Play & Clinic Beginner – Intermediate

Stanco Park Courts (Reservations Required)

August 18th, 21st & 27th at 3:00 pm

Walking Club

Downtown Glen Cove

August 3rd, 11th, 17th, & 25th at 10:15 am

MARK YOUR CALENDARS:

Timeless Memories with Mary Malloy

Sponsored By: New York Life

Monday, August 3rd at 1:00 pm

An afternoon of timeless music awaits as Mary Malloy 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, and enjoy a program that blends nostalgia, melody, and the joy of live music.

Jazz Day Luncheon

Tuesday, August 4th from 12:00 pm – 1:00 pm

Join us for a lively and soulful afternoon at our Jazz Day Luncheon! Enjoy a delicious meal while listening to wonderful live jazz music featuring all your favorite classics. In addition to great food and great tunes, we'll also dive into fun jazz trivia and learn a bit about the history behind this iconic musical genre.

National Friendship Day

Tuesday, August 4th at 12:45 pm

Over the past few days, members have filled out Friendship Forms to share kind words and memories about their friends at the Center. These notes are in our Friendship Box and will be delivered to their recipients soon. On National Friendship Day, we'll celebrate these sentiments and honor the friendships that make our Center welcoming. Friendship is one of life's greatest gifts, and here at the Glen Cove Senior Center, every member contributes to the warmth and connection of our community.

Purple Heart Luncheon

Friday, August 7th from 12:00 pm – 1:00 pm

Join us to honor the brave men and women awarded the Purple Heart for their sacrifices in service to our country. This special luncheon recognizes their hardships and shows our deep appreciation for their courage. Their service is a powerful reminder of the bravery that protects our lives. We will express our gratitude and celebrate the spirit of togetherness.

Broadway Nights Performance

Monday, August 10th at 1:00 pm

Join us for a dazzling afternoon of show-stopping performances as we welcome the sensational musical duo Broadway Nights to our stage! Known for their powerful vocals, theatrical flair, and heartfelt renditions of beloved Broadway classics and the biggest hits from the 60's-80's, this dynamic pair promises an unforgettable experience that will leave you humming all the way home.

AUGUST HAPPENINGS AT THE GLEN COVE SENIOR CENTER

Fashion Show

Sponsored By:

Carefirst Home Solutions

Sunrise Senior Living

*Glen Cove Center for Nursing and Rehabilitation
Emerge*

Wednesday, August 12th from 6:00 pm – 9:00 pm
(Open to EVERYONE of ALL ages)

Join us for an unforgettable evening featuring our very own members modeling fabulous outfits from our Rose Shoppe! This is your chance to cheer on our amazing models, celebrate their confidence, and enjoy a wonderful night together at the Center. Tickets are only \$15 and include a full dinner, DJ, dancing, a photo booth, and a chance to win one of four fantastic door prizes. It's the perfect mix of fashion, fun, and community spirit.

Urban Zen Meditation Workshop

Sponsored By: Glengariff Rehab

Thursday, July 30th at 1:15 pm

Join us for a peaceful afternoon workshop focused on relaxation and well-being. Experience a blend of aroma therapy, guided meditation, light stretching, and mindful movement in a soothing and welcoming atmosphere. Take a break from your busy life to calm your mind, ease your body, and nurture your spirit.

Luau Luncheon

Sponsored By: The Sinclair at Port Washington

Friday, August 14th from 12:00 pm – 1:00 pm

Aloha, friends! Get ready to bring the island spirit to the Center at our Luau Luncheon! We'll be serving a delicious lunch, enjoying lively island music, and welcoming special guests who will help us celebrate in true Hawaiian style. Come dressed in your brightest floral shirts, grass skirts, leis, and your best beachwear – let's turn our luncheon into a mini paradise! Whether you go bold and colorful or classic island chic, we can't wait to share the aloha spirit with you!

Olivia Newton John Tribute Show

Monday, August 17th at 1:00 pm

Join us for a magical afternoon celebrating the timeless music of Olivia Newton-John! Enjoy a special tribute performance featuring her iconic ballads and energetic hits. This uplifting show will take you through Olivia's remarkable career, offering warmth and nostalgia for fans old and new. Don't miss this memorable experience!

Crazy Hat Day

Tuesday, August 18th at 12:45 pm

Get ready for Crazy Hat Day! We invite everyone to wear their wildest, wackiest hats. Whether you buy one or make your own, the crazier, the better! Participate for a prize, and compete for the Grand Prize awarded to the top hat. Let your creativity shine!

FREE Movie Night at our Center "Project Hail Mary"

Thursday, August 20th at 5:15 pm

(FREE for EVERYONE – Reservations Required)

Join us at our Center for a Movie Night featuring *Project Hail Mary*. This fun evening is open to everyone of all ages and includes a free pizza dinner along with snacks and drinks. Bussing will be available for anyone who needs transportation in our catchment area. Doors open at 5:15pm, dinner will be served at 5:30pm, and the movie will begin at 6:00pm. Reservations are required, so be sure to sign up at the front desk and enjoy a great night of food, fun, and a fantastic film at the Center.

Yearbook Release & Signing Party

Friday, August 21st

10:00 am – 12:00 pm Yearbook Pickup

1:00 pm – Yearbook Signing Session

We're excited to unveil our brand new Glen Cove Senior Center Yearbook! It is filled with beautiful photos of our members, unforgettable moments, special events, trips, and so much more. Join us for the Yearbook Release & Signing Party to pick up your copy and sign each other's books! A big thank-you to everyone who made this project possible, especially our generous sponsors. Come celebrate the memories, the smiles, and the incredible community we share.

The Man Who Shot JP Morgan Lecture

Monday, August 24th at 1:00 pm

Join us for an enticing lecture with author Mary Noe as she delves into the true story behind The Man Who Shot J.P. Morgan. Explore the remarkable history surrounding this influential figure and the surprising events that unfolded. This is a great opportunity for history enthusiasts and anyone who enjoys a captivating real-life tale. Don't miss out on this engaging presentation!

Classic Tunes Through The Decades with Pat Ferrell

Tuesday, August 25th at 1:00 pm

Join us for a special performance featuring timeless favorites that celebrate the songs of the past. Pat will guide us through the decades with music that sparks memories and gets your toes tapping. Don't miss this nostalgic afternoon filled with great music and the joy of sharing beloved tunes at the Center!

Golden Oldies with Joey Nickels

Monday, August 31st at 1:00 pm

Get ready for a musical blast from the past as Joey Nickels brings us a lively Golden Oldies performance! Enjoy timeless classics, unforgettable melodies, and the songs that defined generations. Joey Nickels will take us on a nostalgic trip through the hits we all know and love – perfect for singing along, tapping your feet, and reliving cherished memories.



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



MONDAY	TUESDAY	WEDNESDAY
9:05 – Brain Booster Club 9:05 – Crocheting 3 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – TIMELESS MEMORIES w/ Mary Malloy Sponsored by: NEW YORK LIFE 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	NATIONAL FRIENDSHIP DAY 4 10:00 – Painting & Drawing w/ Chuck 11:00 – Total Body Fitness 11:00-2:00 – Manicures 11:00 – LETTERS & LIVES WORKSHOP 11:00 – Trivia 11:00 – BEREAVEMENT GROUP with COMHPS 12:00 – JAZZ DAY LUNCHEON 1:00 – Yoga & Pilates w/ Karen 1:00 – Bingo 1:00 – Canasta, Mahjong, Bridge 1:00 – Ping Pong	SCHMIGADOON 9:05 – Seniorobics w/ F 9:05-12:00 – Learn to C 10:15 – Stretching & Str 1:00 – Bridge 1:00 – Canasta & Mahj 1:00 – Bingo 2:00 – Chair Yoga, Toni
9:05 – Brain Booster Club 10 9:05 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub 11:00 – MUSIC JAM w/ Jeff 11:15 – GARDEN CLUB MEETING 1:00 – BROADWAY NIGHTS Performance 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 11 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 11:00 – INTERACTIVE LIVE TOUR: YORKSHIRE 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo	9:05 – Seniorobics w/ F 9:05-12:00 – Learn to C 10:15 – Stretching & Str 10:45 – PEACE EDUCATI 1:00 – Bingo, Bridge, C 2:00 – Chair Yoga, Toni 6:00 – 9:00 – FAS DINNER INCLUDED RE OPEN TO EVERY
9:05 – Brain Booster Club 17 9:05 – Crocheting w/ Friends 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – OLIVIA NEWTON JOHN Tribute Show 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck 18 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – LETTERS & LIVES WORKSHOP 11:00 – BEREAVEMENT GROUP with COMHPS 12:45 – CRAZY HAT DAY 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – Bingo, Canasta, Mahjong, & Bridge 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required	BEAUTIFUL 9:05 – Seniorobics w/ F 9:05-12:00 – Learn to C 10:15 – Stretching & Str 11:00 – WOMEN'S CLUB 11:00 – Rummikub Club 1:00 – Bingo 1:00 – Canasta, Mahjon 2:00 – Chair Yoga, Toni
9:05 – Brain Booster Club 9:05 – Crocheting 24 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – Canasta, Mahjong, & Bridge 1:00 – THE MAN WHO SHOT JP MORGAN Lecture 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 25 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 – CLASSIC TUNES THROUGH THE DECADES 1:00 – Yoga & Pilates w/ Karen 2:15 – Ping Pong 2:00 – FREE BINGO w/ PRIZES Sponsor: EMERGE & GC NURSING + REHAB	COME FROM AV 9:05 – Seniorobics w/ F 9:05-12:00 – Learn to C 10:15 – Stretching & Str 10:45 – PEACE EDUCATI 11:00 – WOMEN'S CLUB 1:00 – Canasta, Mahjon 2:00 – Chair Yoga, Toni
9:05 – Brain Booster Club 9:05 – Crocheting 31 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 11:00 – Rummikub 1:00 – GOLDEN OLDIES w/ Joey Nickels 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Canasta, Mahjong, & Bridge 2:00 – FREE BINGO w/ PRIZES Sponsor: GLENGARIFF REHAB HEALTHCARE 2:30 – Tai Chi w/ Spencer	TRIPS ON SALE NOW: 9/9 – East End Winery & Shopping 9/17 – Feast of San Gennaro 100yr. 9/30 – NYC Bus Tour & Museum 10/TBA – Oktoberfest 10/7 – On Your Feet Musical 10/14 – Cabaret Musical 11/18 – Mary Poppins Musical 12/2 – A Christmas Carol 12/16 – Million Dollar Quartet	FASHIO Augu 6:00pm DINNER/D PHOTO BOOT JUS Open to EVERY



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
BROADWAY TRIP 5 Fran Crochet w/ Kate Length Training w/ Nick ong ng, & Balance w/ Nilo Fran 12 rochet w/ Kate Length Training w/ Nick ION PROGRAM INTRO anasta, & Mahjong ng, & Balance w/ Nilo SHION SHOW \$15 RESERVATIONS REQUIRED ONE OF ALL AGES	9:05 – Brain Booster Club 6 10:15 – Card & Board Games 10:30 – CC Board Meeting 10:45 – ART EXPRESSION WORKSHOP w/ Ivonne 11:00 – Exercise YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club	ESSEX STEAM TRAIN TRIP 7 9:05 – Seniorobics w/ Fran 9:05 – Crocheting 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 12:00 – PURPLE HEART LUNCHEON 1:00 – Bingo, Canasta, & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
MUSICAL TRIP 19 Fran Crochet w/ Kate Length Training w/ Nick ION PROGRAM anasta, & Mahjong ng, & Balance w/ Nilo SHION SHOW \$15 RESERVATIONS REQUIRED ONE OF ALL AGES	9:00 – WALK WITH A DOC Garvies Point 20 9:30 – 12:00 – SNAP By Appointment 10:15 – Card & Board Games 10:30 – CC Meeting 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise YMCA 11:00-2:00 – Manicures 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club 5:15 – MOVIE NIGHT FREE – ALL AGES WELCOME	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 14 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Rummikub Club 11:00 – Trivia 11:00 – Stretching & Meditation w/Nick 12:00 – LUAU LUNCHEON Sponsor: SINCLAIR PORT WASHINGTON 1:00 – ENHANCE WORKSHOP W/ NORTHWELL 1:00 – Canasta & Bridge 1:15 – Line Dancing 2:00 – Bingo 2:30 – Tai Chi w/ Spencer
WAY MUSICAL TRIP 26 Fran Crochet w/ Kate Length Training w/ Nick ION PROGRAM anasta, & Mahjong ng, & Balance w/ Nilo SHION SHOW \$15 RESERVATIONS REQUIRED ONE OF ALL AGES	10:15 – Card & Board Games 27 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00 – Exercise YMCA 11:00-2:00 – Manicures 1:00 – MOVIE 1:00 – Canasta & Mahjong 1:15 – BEAT AT YOUR OWN DRUM Workout 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 28 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
SHOW ust 12 – 9:00pm UJ/DANCING H/DOOR PRIZES T \$15 ONE of ALL ages	MARK YOUR CALENDARS: 8/3 – MARY MALLOY PERFORMANCE 8/4 – JAZZ DAY LUNCHEON 8/7 – PURPLE HEART LUNCHEON 8/10 – BROADWAY NIGHTS PERFORMANCE 8/12 – FASHION SHOW 8/14 – LUAU LUNCHEON 8/18 – CRAZY HAT DAY 8/24 – THE MAN WHO SHOT JP MORGAN 8/25 – PAT FERRELL PERFORMANCE 8/31 – JOEY NICKELS PERFORMANCE	SAGE FOUNDATION GOLF OUTING Save the Date October 1 Glen Cove Golf Club

AUGUST HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

The Glen Cove Adult Day Program is looking forward to taking in the last full month of Summer 2026! August is a month during which people enjoy nature, community events, and adventure, as many like to explore new places while traveling. We will be enjoying the rest of this vibrant season in ADP, as our program brings seasonal festivities indoors to those who cannot spend as much time outside. In August, we wish our Leo and Virgo friends happy birthdays! August was named after Augustus Caesar, who was an important figure in ancient Rome and who was also the grandnephew of Julius Caesar. A fun fact about August – it is the only month that is also one of the top 1,000 names for men! Many creative and quirky themes are observed this month, including American Adventures Month, National Dog Month, International Pirate Month (ARRR-gust), Friendship Week, sandcastles, lighthouses, photography, and Left-Handers Day. We will have a Sea Siren Soiree for our mermaid theme, a Shipwreck Shindig for our pirate theme, and a live musical performance for our Wild West-themed party in ADP!

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, which allows us to express ourselves and reduce stress creatively. ADP will also have a new Art and Theater workshop this month. 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 has loved hosting Art Therapy interns from Long Island University's C.W. Post campus, and this month we will say goodbye to these artistic and talented graduate students. Our participants have enjoyed sharing lively conversations and learning experiences with them. 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. 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.

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



Bathing suits, vibrant coral reefs, and graceful turtles—these are just a few of the wonders that make summer at the GCADP truly unforgettable



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LUNCH MENU AUGUST 2026

FOR RESERVATIONS PLEASE CALL (516) 676-6182

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SPLIT PEA SOUP* PENNE A LA VODKA W/ GRILLED CHICKEN, TOSSED SALAD ITALIAN BREAD PEARS * OR EGG SALAD ON WHEAT W/ L & T PASTA SALAD	4 LENTIL SOUP* CHICKEN CORDON BLEU (HAM & CHEESE) ROASTED POTATOES BROCCOLI RYE BREAD BANANA* OR TUNA SALAD ON RYE W/ L & T BROCCOLI SALAD	5 SPINACH & WHITE BEAN SOUP* SLOPPY JOES ON A BUN FRENCH FRIES COLESLAW CRACKERS MELON* OR CHICKEN SALAD IN A TORTILLA W/ L & T PASTA SALAD	6 POTATO CHOWDER- SOUP* SWEDISH MEATBALLS W/ BROWN GRAVY NOODLES MIXED VEG WHEAT BREAD JELLO * OR HAM & CHEESE ON RYE W/ L&T & MUSTARD COLESLAW	7 MINESTRONE SOUP* CHICKEN TOPPED W/ MOZZARELLA & SPINACH IN A MARSALA SAUCE MASHED POTATOES CARROTS WHEAT BREAD ORANGES* OR SEAFOOD SALAD IN A TORTILLA W/ L & T POTATO SALAD
10 LENTIL SOUP* CHICKEN BRUSCHETTA (GRILLED CHICKEN, DICED TOMATOES, BASIL,GARILIC) ROASTED POTATOES GREEN BEANS WHEAT BREAD PEACH HALVES* OR EGG SALAD ON WHEAT W/ L & T PASTA SALAD	11 CHICKEN NOODLE SOUP* BEEF TACO W/ SHREDDED LETTUCE , TOMATOES & CHEESE ON A TORTILLA MEXICAN RICE & BEANS CRACKERS PUDDING* OR EGG SALAD ON WHEAT W/ L & T 3 BEAN SALAD	12 TOMATO RICE SOUP* JUMBO RAVIOLI W/ MEAT SAUCE VEGETABLE MEDLEY RYE BREAD PEAR HALVES* OR TUNA SALAD ON RYE W/ L & T PASTA SALAD	13 VEGETABLE BARLEY SOUP* BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS ITALIAN BREAD BANANA* OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD	14 CREAM OF BROCCOLI SOUP* CHICKEN FAJITAS W/ PEPPERS & ONIONS ON A TORTILLA, MEXICAN RICE & BEANS CRACKERS WATERMELON* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO TOSSED SALAD
17 POTATO CHOWDER SOUP* CHICKEN PICATTA RICE PILAF GREEN BEANS WHEAT BREAD PUDDING* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD 3 BEAN SALAD	18 VEGETABLE SOUP* STUFFED SHELLS W/ MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD JELLO W/ MIXED FRUIT* OR SEAFOOD SALAD IN A TORTILLA W/ L & T TOSSED SALAD	19 SPLIT PEA SOUP* GREEK SALAD PLATE (LETTUCE, TOMATOES, FETA CHEESE, CUCUM- BERS) W/ CHICKEN PASTA SALAD PITA BREAD BANANA* OR EGG SALAD ON WHEAT W/ L & T PASTA SALAD	20 CHICKEN NOODLE SOUP* LOIN OF PORK W/ GRAVY MASHED POTATOES BEETS WHEAT BREAD APPLESAUCE* OR CHICKEN SALAD IN A TORTILLA W/ L & T BEET SALAD	21 LENTIL SOUP* POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI ROLL BIRTHDAY CAKE* OR CHICKEN SALAD IN A TORTILLA W/ L & T BROCCOLI SALAD
24 MINESTRONE SOUP* THREE CHEESE LASAGNA BROCCOLI ITALIAN BREAD JELLO W/ MIXED FRUIT* OR CHICKEN SALAD IN A TORTILLA W/ L & T BROCCOLI SALAD	25 TOMATO RICE SOUP* CHICKEN FRANCAISE BROWN RICE GREEN BEANS RYE BREAD BANANA* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO 3 BEAN SALAD	26 BEEF BARLEY SOUP* STUFFED CHICKEN (SPINACH & CHEESE) YELLOW RICE WHEAT BREAD PEACH HALVES* OR SEAFOOD SALAD IN A TORTILLA W/ L & T POTATO SALAD	27 LENTIL SOUP* STUFFED PEPPERS, W/ GROUND BEEF & CHEESE TOSSED SALAD WHEAT BREAD PUDDING * OR EGG SALAD ON WHEAT W/ L & T PASTA SALAD	28 SPLIT PEA SOUP* CHICKEN SORRENTINO (EGGPLANT,MOZZAREL & MARINARA SAUCE) MASHED POTATOES GREEN BEANS RYE BREAD PEAR HALVES* OR TUNA SALAD ON RYE W/ L & T 3 BEAN SALAD
31 TOMATO RICE SOUP* ROAST TURKEY W/ GRAVY & CRANBERRY SAUCE SWEET POTATOES GREEN BEANS WHEAT BREAD FRUIT CUP* OR EGG SALAD ON WHEAT W/ L & T 3 BEAN SALAD			FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL (516) 676-6182 * SOUP & DESSERT COMES WITH BOTH MEALS	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