



*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?

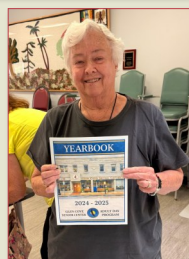
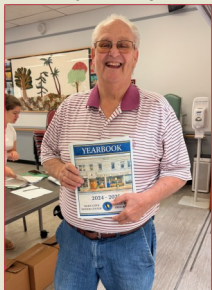
In our beautiful three-story building located in the heart of downtown Glen Cove, our dedicated staff and extraordinary volunteers plan, develop, and coordinate programs and services for older residents in Glen Cove and its surrounding communities. For more than three decades the Glen Cove Senior Center 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

A Yearbook Signing & Fashion Show — August was an exciting and lively month for the members of the Glen Cove Senior Center!



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
lmcconville@glencoveny.gov

Lisa Belinsky
Lunch Reservation Coordinator
lbelinsky@glencoveny.gov

A LETTER FROM OUR DIRECTOR

Dear Readers,

It was quite a hot summer! I Hope you all stayed cool and were able to enjoy time with your family and friends. We had a very busy summer at the Center with our packed programming schedule! This month is no different. First, I want to start by letting everyone know that September is National Senior Center month! I love that we have a month to celebrate how important senior centers are for our older population. As most know, we celebrate the beauty, love, connection and camaraderie at our beloved center on a daily basis, and I want to thank you all for being a part of our center family.

Last month we shared one of our greatest evening events, our amazing fashion show! Not only did we display our wonderful Rose Shoppe clothing, but 15 of our very own members were the runway models. It was a smashing success with a full house of 130 in attendance. When we first started planning this event, I could never have imagined how wonderful it would turn out. The feeling in the room was one of excitement, pride, encouragement and love. Our members proudly strutted down the runway, receiving thunderous rounds of applause from their friends and loved ones. It was a magical night that left us all with full hearts!

Another milestone and first ever event last month was the release of our Senior Center yearbook. This book was a labor of love created by me and the Center staff for our members to enjoy. The purpose of our Center is to allow our seniors to stay involved, stay active, stay connected with their friends and hopefully make new ones, get a hug when needed or just have someone to talk to. Some of these moments may only be for our memories alone, but there are so many more that can be enjoyed through this yearbook. To be able to turn the pages and see all the smiling faces and the activities, programming, trips, shows, musical events, dancing, etc. makes us all so happy. I hope this book brings smiles when needed and that you all enjoy looking through it today, tomorrow and for many years to come.

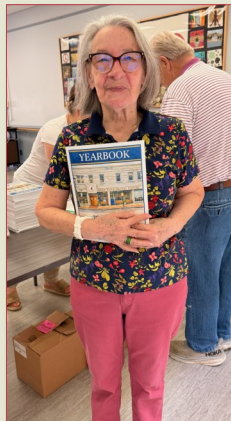
Last but certainly not least, our annual SAGE golf outing will be taking place on Thursday, October 1, 2026 at the Glen Cove Golf Course followed by dinner at the Metropolitan. This year we will be honoring Dr. Maria Torroella Carney, President of Glen Cove Hospital and our very own Eddie Loeffler, the Center's liaison to the mayor's office. For anyone interested in participating, either by golfing, attending the dinner, donating a raffle basket, purchasing a sponsorship or giving a straight donation, please visit the SAGE website at glencovesage.com. The proceeds help us continue offering the wonderful programs and services that the Center provides our over 2,000 members.

If you know any seniors who are in need, please encourage them to call our center Monday – Friday 9:00 am – 5:00 pm and speak with myself or our social workers. We are always here to help in any way that we can.

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!

SEPTEMBER HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

from the comfort of our Center!

September 8th at 2:30pm – NYC 9/11 Tour

September 24th at 11:00am – Sao Paulo, Brazil

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

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

FREE September Bingo:

September 2nd at 2:00pm – Sponsored by Emerge & Glen Cove Center for Nursing and Rehabilitation

September 21st at 1:00pm – Sponsored by Glengariff Rehabilitation and Healthcare Center

September 29th at 1:00pm – Sponsored by Glengariff Rehabilitation and Healthcare Center

NEW CLASSES:

Peace Education Program

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 September 3rd, 10th, 17th at 10:45am

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)

September 18th, 24th & 28th at 3:00 pm

Walking Club

Downtown Glen Cove

September 1st, 14th, 22nd, & 28th at 10:15 am

MARK YOUR CALENDARS:

Golden Gallery Reception (Open to Everyone)

Thursday, September 3rd from 1:00pm – 2:00pm

The Glen Cove Senior Center is proud to feature the work of Ronnie Zamir, a talented artist who resides on the North Shore of Long Island. Ronnie graduated from the Technion in Haifa, Israel, where she studied interior design, and her creative journey has taken her across the world. A passionate traveler, she captures nature and scenery through photog-

raphy, using her experiences as inspiration for her artwork. Ronnie brings her vision to life on canvas through acrylic paint, creating pieces filled with harmony, movement, and vibrant color. Her work has been exhibited in galleries in SoHo, New York, across Long Island, and at the Gulf Stream Gallery in Miami, Florida. In addition to her paintings, Ronnie is also a gifted jewelry designer, crafting one-of-a-kind pieces that combine silver with striking gemstones. Her artwork and jewelry have been showcased in solo exhibits in Great Neck and Locust Valley. We are thrilled to celebrate Ronnie's creativity, talent, and unique artistic voice in our Golden Gallery this month!

FREE Movie Night at our Center

Thursday, September 3 at 5:15pm "The Devil Wears Prada 2"

Wednesday, September 16th at 5:15pm "Eleanor the Great" (FREE for EVERYONE – Reservations Required)

Join us at our Center for a Movie Night! These fun evenings are 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.

Ice Cream Social

Sponsored By: Glengariff Rehabilitation and Healthcare Center

Thursday, September 10th at 1:00pm

We'll be serving a variety of delicious ice cream flavors with toppings, so you can build the perfect sundae. It's the perfect chance to relax, socialize, and treat yourself. Come enjoy a scoop (or two) and share in the fun with our community!

9/11 Remembrance Day Luncheon

Friday, September 11th from 12:00pm – 1:00pm

Join us for a special Remembrance Day Luncheon to honor the lives lost on September 11, 2001. Together, we will reflect on the bravery, sacrifice, and resilience shown on that day, and remember the loved ones, first responders, and countless individuals whose lives were forever changed. This luncheon offers our community a moment to pause, come together, and pay tribute to those we lost and those who continue to carry the legacy of courage and unity.

Rosh Hashana Luncheon

Monday, September 14th from 12:00pm – 1:00pm

Join us as we celebrate the Jewish New Year with our annual Rosh Hashanah Luncheon. This special gathering offers our community an opportunity to reflect, renew, and welcome a fresh start filled with hope and possibility. We will enjoy a delicious lunch, share meaningful moments together, and honor the spirit of Rosh Hashanah – a time for sweetness, gratitude, and new beginnings.

SEPTEMBER HAPPENINGS AT THE GLEN COVE SENIOR CENTER

Red Hot Mamas Dance Performance

Monday, September 14th at 1:15pm

Get ready for an afternoon filled with energy, entertainment, and dazzling choreography! The Glen Cove Senior Center is excited to welcome back the Red Hot Mamas Dance Troupe for a lively and colorful performance you won't want to miss. Known for their show-stopping routines, vibrant costumes, and irresistible enthusiasm, the Red Hot Mamas always bring smiles and unforgettable moments to our community!

Open Site Council Meeting

Tuesday, September 15th at 12:15pm

We encourage all members to attend our Open Site Council Meeting. This important gathering gives everyone the opportunity to hear the latest updates about our facility, upcoming programs, and future plans for the Glen Cove Senior Center. Members will also have the chance to ask questions, share suggestions, and voice any concerns. Your feedback helps shape our programming and ensures we continue to grow, improve, and meet the needs of our community. We hope to see you there – your participation makes a meaningful difference!

Timeless Tunes Showcase w/ Mor

Tuesday, September 15th at 1:15pm

Get ready for a musical journey through the greatest decades of music! Join us for our Timeless Tunes Showcase, featuring the incredible Mor performing your favorite hits from the 1950's, 60's, and 70's. From rock and roll and soul, to classic pop, Mor brings these unforgettable songs to life with heart, charm, and nostalgia. This lively performance is sure to have everyone tapping their feet, singing along, and enjoying the timeless melodies that shaped generations. Don't miss this wonderful afternoon of music, memories, and fun!

September Birthday Celebration

Friday, September 18th at 12:45pm

Join us as we celebrate the September 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!

Yom Kippur Luncheon

Monday, September 21st from 12:00pm – 1:00pm

Please join us for our Yom Kippur Luncheon as we come together to observe this important day of reflection, renewal, and peace. Yom Kippur is a time to pause, look inward, and embrace the themes of forgiveness, compassion, and hope for the year ahead. Our luncheon provides a welcoming space for members to share tradition, community, and thoughtful conversation. We invite everyone to gather with us as we honor the significance of the holiday and support one another in this meaningful time of reflection.

The Marx Brothers:

Comedy Legends Unleashed Lecture

Tuesday, September 22nd at 1:00pm

Don't miss our fascinating and entertaining presentation as film historian Larry Wolff brings the legendary Marx Brothers to life! Attendees will discover how these real-life brothers rose from poverty in New York City, survived demanding vaudeville tours, achieved Broadway fame, and ultimately became iconic stars of radio, film, and television. Larry will share captivating stories showing how the Marx Brothers were even more outrageous off-screen than they were in their classic films. Though each brother had a distinct personality, together they created a comedy style unlike anything before – or since – with unforgettable mayhem and belly laughs that still resonate today. The lecture will also feature very funny film highlights, plus a display of Marx Brothers autographs, books, and memorabilia.

Don't miss this lively and engaging celebration of one of the greatest comedy teams in entertainment history!

Hispanic Heritage Day Luncheon

Wednesday, September 23rd from 12:00pm – 1:00pm

Join us as we celebrate Spanish Heritage with a vibrant and flavorful afternoon at the Glen Cove Senior Center! Enjoy a delicious Spanish-inspired lunch, live music, and special guests who will help us honor the rich culture, traditions, and contributions of the Spanish community. This festive luncheon will be filled with great food, lively entertainment, and wonderful company – a perfect way to embrace the beauty and spirit of Spanish heritage together. We look forward to celebrating with you!

Polish Heritage Day Luncheon

Tuesday, September 29th from 12:00pm – 1:00pm

Come celebrate Polish Heritage Day with a wonderful afternoon honoring the rich traditions and cultural beauty of Poland. Our luncheon will feature delicious cuisine, live music, and special guests who will help bring the spirit of the day to life. This celebration is a chance to enjoy great food, lively entertainment, and meaningful community time together. We look forward to sharing this festive and heartwarming event with all our members!



Members having a great time at one of the many evening events at the Glen Cove Senior Center



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



MONDAY	TUESDAY	WEDNESDAY
<u>MARK YOUR CALENDARS:</u> 9/14 – ROSH HASHANA LUNCHEON 9/14 – RED HOT MAMAS PERFORMANCE 9/15 – OPEN SITE COUNCIL MEETING 9/15 – TIMELESS TUNES SHOWCASE 9/21 – YOM KIPPUR LUNCHEON 9/22 – MARX BROTHERS LECTURE 9/23 – HISPANIC HERITAGE LUNCHEON 9/29 – POLISH HERITAGE DAY LUNCHEON	10:00 – Painting & Drawing w/ Chuck 1 10:15 – WALKING CLUB 11:00-2:00 – Manicures 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:00 – BEREAVEMENT GROUP with COMHPS 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong	9:05 – Seniorobics 9:05 – Crocheting 10:15 – Stretching & Str 10:45 – PEACE EDUCAT 11:00 – WOMEN'S CLU 1:00 – FINANCIAL LITE 2:00 – FREE BINGO w/ Sponsor: EMERGE & 2:00 – Chair Yoga, Ton
7	8 10:00 – Painting & Drawing w/ Chuck 11:00-2:00 – Manicures w/ Ursula 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – AVOID ESTATE PLANNING MISTAKES 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:30 – INTERACTIVE LIVE TOUR: 9/11 NYC	EAST I 9:05 – Seniorobics w/ 9:05-12:00 – ENHANCE 10:15 – Stretching & Str 10:45 – PEACE EDUCAT 11:00 – WOMEN'S CLU 1:00 – Bingo, Bridge, C 2:00 – Chair Yoga, Ton
9:05 – Brain Booster Club 14 9:05 – Crocheting w/ Friends 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 11:00 – Rummikub 12:00 – ROSH HASHANA LUNCHEON 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 1:15 – RED HOT MAMAS DANCE PERFORMANCE 2:15 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	15 10:00 – Painting & Drawing w/ Chuck 11:00 – Total Body Fitness w/ Marvin 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – BEREAVEMENT GROUP with COMHPS 12:15 – OPEN SITE COUNCIL MEETING 1:00 – Yoga & Pilates w/ Karen 1:15 – TIMELESS TUNES SHOWCASE w/ Mor 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:15 – Ping Pong	9:05 – Seniorobics w/ 9:05-12:00 – Learn to 10:15 – Stretching & Str 10:45 – PEACE EDUCAT 11:00 – WOMEN'S CLU 1:00 – Bingo, Canasta, 2:00 – Chair Yoga, Ton 5:15 – MOVIE NIGHT F DINNER INCLUDED RE
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9:05 – Brain Booster Club 9:05 – Crocheting 28 10:05-12:00 – SMART VAN TECH ASSISTANCE 10:15 – WALKING CLUB 10:30 – Exercise w/ YMCA 1:00 – MEDICARE/MEDICAID LECTURE 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required	29 10:00 – Painting & Drawing 11:00 – Trivia 11:00 – Total Body Fitness 11:00-2:00 – Manicures 11:00 – BEREAVEMENT GROUP with COMHPS 12:00 – POLISH HERITAGE DAY LUNCHEON 1:00 – Yoga & Pilates w/ Karen 1:00 – Canasta, Mahjong, & Bridge 1:00 – FREE BINGO w/ PRIZES Sponsor: GLENGARIFF REHAB HEALTHCARE 1:15 – Ping Pong	NYC T 9:05 – Seniorobics w/ 9:05-12:00 – Learn to 10:15 – Stretching & Str 10:45 – PEACE EDUCAT 1:00 – Bridge, Canasta 1:15 – SOCIAL CLUB K Sponsor: SUNRISE OF 2:00 – Chair Yoga, Ton



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
9:05-12:00 – Crocheting 2 Strength Training w/ Nick EDUCATION PROGRAM B 1:00 – Canasta/Mahjong SECURITY & FRAUD LECTURE / PRIZES & GC NURSING + REHAB ing, & Balance w/ Nilo	10:30 – CC Board Meeting 3 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise YMCA 11:00-2:00 – Manicures 1:00-2:00 – GOLDEN GALLERY RECEPTION 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 4 9:05 – Crocheting w/ Friends 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo, Canasta, & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
END TRIP 9 Fran 9:05-12:00 – Crochet VISIT NORTHWELL Strength Training w/ Nick EDUCATION PROGRAM B Canasta, & Mahjong ing, & Balance w/ Nilo	10:15 – Card & Board Games 10 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise YMCA 11:00-2:00 – Manicures 11:00 – American Legion Meeting 1:00 – LILA 1:00 – ICE CREAM SOCIAL GLENGARIFF REHAB 1:15 – BEAT AT YOUR OWN DRUM Workout 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran 11 9:05-12:00 – INTERNATIONAL CROCHET DAY 9:05-12:00 – ENHANCE VISIT W/ NORTHWELL 11:00 – Rummikub Club 11:00 – Trivia 11:00 – Stretching & Meditation w/Nick 12:00 – 9/11 REMEMBRANCE DAY LUNCHEON 1:00 – Canasta & Bridge 1:15 – Line Dancing 1:00 – Bingo 2:30 – Tai Chi w/ Spencer
Fran 16 Crochet w/ Kate Strength Training w/ Nick EDUCATION PROGRAM B 11:00 – Rummikub Club Mahjong, & Bridge ing, & Balance w/ Nilo FREE – ALL AGES WELCOME RESERVATIONS REQUIRED	SAN GENNARO FEAST TRIP 17 9:00 – WALK WITH A DOC Garvies Point 9:30 – 12:00 – SNAP By Appointment 10:15 – Card & Board Games 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise YMCA 11:00-2:00 – Manicures 1:00 – ART EXPRESSION WORKSHOP w/ Ivonne 1:00 – Canasta & Mahjong	9:05 – Seniorobics w/ Fran 18 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:45 – SEPTEMBER BIRTHDAY'S CELEBRATION 1:15 – ENHANCE WORKSHOP W/ NORTHWELL 1:15 – Canasta & Bridge 1:15 – Line Dancing 2:00 – Bingo 2:30 – Tai Chi w/ Spencer 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required
Fran 9:05 – Crocheting 23 Strength Training w/ Nick EDUCATION PROGRAM B DATE DAY LUNCHEON Mahjong, & Bridge ing, & Balance w/ Nilo DO BAND \$10 OPEN TO ALL RESERVATIONS REQUIRED	10:15 – Card & Board Games 24 10:30 – ARTS & CRAFTS CLUB w/ Christina 11:00 – Exercise YMCA 11:00-2:00 – Manicures 11:00 – INTERACTIVE LIVE TOUR: BRAZIL 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 25 9:05 – Crocheting w/ Friends 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
TOUR TRIP 30 Fran Crochet w/ Kate Strength Training w/ Nick EDUCATION PROGRAM , & Mahjong ARAOKE & MOCKTAILS GLEN COVE 2:00 – Bingo ing, & Balance w/ Nilo	TRIPS ON SALE NOW: 10/7 – On Your Feet Musical 10/9 – Oktoberfest 10/14 – Cabaret Musical 11/18 – Mary Poppins Musical 12/2 – A Christmas Carol 12/7 – NY Islander Game 12/16 – Million Dollar Quartet	MOVIE NIGHTS SEPTEMBER 3 & 16 5:15pm FREE DINNER/SNACKS/DRINKS ----- LI REWIND SEPTEMBER 23 6:00pm – 8:00pm DINNER & SHOW JUST \$10 Open to EVERYONE for ALL ages

SEPTEMBER HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

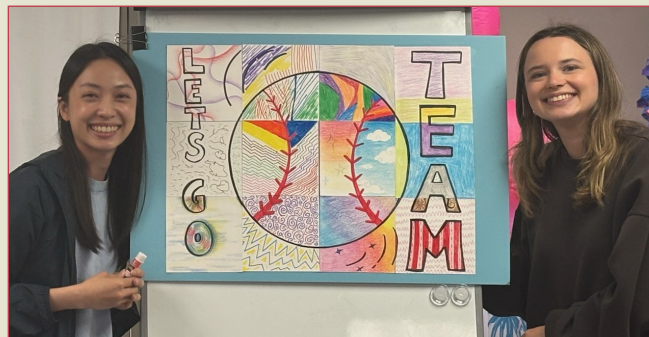
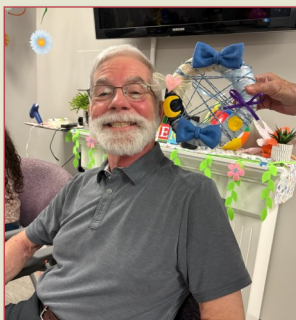
The Glen Cove Adult Day Program is excited to see signs of early Fall in September! After the hot summer, we are looking forward to the transition of the weather, leaves changing color, and pumpkin spice everything! The autumnal equinox occurs in September, with day and night being equal, which symbolizes harmony during this period of transition through the seasons. September was originally the seventh month of the year, which is why its name comes from the Latin word *septem*, meaning "seven." In September, we wish our Virgo and Libra friends happy birthdays! September is often associated with new beginnings, as the weather changes and the new school year starts for children. Most notably, we celebrate Labor Day in September, and we will also recognize Grandparents Day, International Day of Peace, Rosh Hashanah, and the Autumnal Equinox. We will incorporate these and other themes into our activities, with some including Autumn, cider, leaves, back to school, doodling, and decoupage. We are excited to kick off the fall season with a live musical performance for our Autumn 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 with two talented musicians this month, and we will also have an Art and Theater workshop to creatively express ourselves and reduce stress. We are excited for another session of Aromatherapy with Alegna Soap, and we will learn how to make our own soap with scents of our choosing. 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. 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. 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 September 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 AD



Our interns brought incredible energy and creativity to GCADP this year. From building festive bowtie wreaths, and charting new adventures with a playful pirate map activity, each moment captured enthusiasm and teamwork. We're grateful for their contributions and excited to see where their journeys take them next!



Law Offices of
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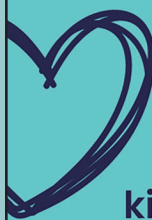
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LUNCH MENU SEPTEMBER 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 MINISTRONE SOUP* SPAGHETTI & MEATBALLS ITALIAN VEGETABLES RYE BREAD PEACH HALVES* OR TUNA SALAD ON RYE W/ L & T CUCUMBERSALAD	2 LENTIL SOUP* SAUSAGE & PEPPERS W/ MARINARA SAUCE PENNE PASTA MIXED VEGETABLES ITALIAN BREAD BANANA* OR CHICKEN SALAD IN A TORTILLA W/ L & T VEGGIE SALAD	3 SPLIT PEA SOUP* MEATLOAF W/ GRAVY MASHED POTATOES CARROTS WHEAT BREAD JELLO W/ MIXED FRUIT* OR SEAFOOD SALAD IN A TORTILLA W/ L & T CARROT RASIN SALAD	4 POTATO CHOWDER SOUP* CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE TOSSED SALAD RYE BREAD PUDDING* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD TOSSED SALAD
7 CLOSED FOR 	8 MINISTRONE SOUP* BEEF TACO W/ LETTUCE, TOMATOES & CHEESE ON A TORTILLA RICE & BEANS CRACKERS FRUIT CUP* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO POTATO SALAD	9 LENTIL SOUP* PASTA PRIMAVERA W/ GRILLED CHICKEN IN GARLIC & OIL VEGETABLE MEDLEY ROLL BANANA* OR TUNA SALAD ON RYE W/ L & T PASTA SALAD	10 TOMATO RICE SOUP* SLOPPY JOE'S ON A BUN FRENCH FRIES COLESLAW CRACKERS PUDDING* OR CHICKEN SALAD IN A TORTILLA W/ L & T TOMATO & CUCUMBER SALAD	11 VEGETABLE BARLEY SOUP* CHICKEN PICATTA RICE PILAF GREEN BEANS ITALIAN BREAD JELLO* OR SEAFOOD SALAD IN A TORTILLA W/ L & T 3 BEAN SALAD
14 WHITE BEAN SOUP* POT ROAST W/ GRAVY MASHED POTATOES GREEN BEANS WHEAT BREAD JELLO* OR SEAFOOD SALAD IN A TORTILLA W/ L & T 3 BEAN SALAD	15 CHICKEN NOODLE SOUP* JUMBO RAVIOLI W/ MEAT SAUCE BROCCOLI ITALIAN BREAD BANANA* OR EGG SALAD ON WHEAT W/ L & T BROCCOLI SALAD	16 CREAM OF BROCCOLI SOUP* BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS WHEAT BREAD FRUIT CUP* OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD	17 VEGETABLE SOUP* ROAST TURKEY W/ GRAVY SWEET POTATOES VEGETABLE BLEND RYE BREAD PEAR HALVES* OR TUNA SALAD ON RYE W/ L & T COLESLAW	18 BUTTERNUT SQUASH- SOUP* CHICKEN MOZZARELLA & SPINACH IN A MARSALA SAUCE MASHED POTATOES CARROTS WHEAT BREAD BIRTHDAY CAKE* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD PASTA SALAD
21 POTATO CHOWDER- SOUP* STUFFED SHELLS W/ MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD PUDDING* OR CHICKEN SALAD IN A TORTILLA W/ L & T TOSSED SALAD	22 CREAM OF MUSHROOM- SOUP* STUFFED PEPPERS, W/ RICE, BEEF & CHEESE GARLIC GREEN BEANS WHEAT BREAD BANANA* OR SEAFOOD SALAD IN A TORTILLA W/ L & T 3 BEAN SALAD	23 LENTIL SOUP* SPANISH SEASONED CHICKEN SPANISH RICE PEPPER & CORN MEDLEY ROLL PEACH HALVES* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO MACARONI SALAD	24 TOMATO RICE SOUP* SWEDISH MEATBALLS W/ GRAVY OVER NOODLES BROCCOLI WHEAT BREAD JELLO * OR EGG SALAD ON WHEAT W/ L & T BROCCOLI SALAD	25 MINISTRONE SOUP* CHICKEN FRANCAISE MASHED POTATOES PEAS & CARROTS ITALIAN BREAD ORANGES* OR TUNA SALAD ON RYE W/ L & T POTATO SALAD
28 SPLIT PEA SOUP* LOIN OF PORK W/ GRAVY MASHED POTATOES BEETS WHEAT BREAD APPLESAUCE* OR TUNA SALAD ON RYE W/ L & T BEET SALAD	29 BROCCOLI CHEDDAR SOUP* KIELBASA W/ SAUERKRAUT RED POTATOES MIXED VEGETABLES ITALIAN BREAD PEAR HALVES* OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD	30 BEEF BARLEY SOUP* CHICKEN MARSALA RICE PILAF PEAS & CARROTS WHEAT BREAD PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T MACARONI 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