



September 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
<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 9:05-12:00 – Crocheting 2 10:15 – Stretching & Strength Training w/ Nick 10:45 – PEACE EDUCATION PROGRAM 11:00 – WOMEN’S CLUB 1:00–Canasta/Mahjong 1:00 – FINANCIAL LITERACY & FRAUD LECTURE 2:00 – FREE BINGO w/ PRIZES Sponsor: EMERGE & GC NURSING + REHAB 2:00 – Chair Yoga, Toning, & 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 DINNER INCLUDED RESERVATIONS REQUIRED	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
7  WE ARE CLOSED <i>for Labor Day!</i> 	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	9 EAST END TRIP 9:05 – Seniorobics w/ Fran 9:05-12:00 – Crochet 9:05-12:00 – ENHANCE VISIT NORTHWELL 10:15 – Stretching & Strength Training w/ Nick 10:45 – PEACE EDUCATION PROGRAM 11:00 – WOMEN’S CLUB 1:00 – Bingo, Bridge, Canasta, & Mahjong 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	10 10:15 – Card & Board Games 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	11 9:05 – Seniorobics w/ Fran 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
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	16 9:05 – Seniorobics w/ Fran 9:05-12:00 – Learn to Crochet w/ Kate 10:15 – Stretching & Strength Training w/ Nick 10:45 – PEACE EDUCATION PROGRAM 11:00 – WOMEN’S CLUB 11:00 – Rummikub Club 1:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo 5:15 – MOVIE NIGHT FREE – ALL AGES WELCOME DINNER INCLUDED RESERVATIONS REQUIRED	17 SAN GENNARO FEAST TRIP 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 1:15 – Food Shopping 2:00 – Billiards Club	18 9:05 – Seniorobics w/ Fran 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
9:05 – Brain Booster Club 9:05 – Crocheting 21 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:30 – Exercise w/ YMCA 11:00 – Rummikub 12:00 – YOM KIPPUR LUNCHEON 1:00 – Canasta, Mahjong, & Bridge 1:00 – FREE BINGO w/ PRIZES Sponsor: GLENGARIFF REHAB HEALTHCARE 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer	22 10:00 – Painting & Drawing w/ Chuck 10:15 – WALKING CLUB 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 – MARX BROTHERS LECTURE w/ Larry Wolff 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:15 – Ping Pong	9:05 – Seniorobics w/ Fran 9:05 – Crocheting 23 10:15 – Stretching & Strength Training w/ Nick 10:45 – PEACE EDUCATION PROGRAM 11:00 – WOMEN’S CLUB 12:00 – HISPANIC HERITAGE DAY LUNCHEON 1:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo 6:00-8:00 – LI REWIND BAND \$10 OPEN TO ALL DINNER INCLUDED RESERVATIONS REQUIRED	24 10:15 – Card & Board Games 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	25 9:05 – Seniorobics w/ Fran 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
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	30 NYC TOUR TRIP 9:05 – Seniorobics w/ Fran 9:05-12:00 – Learn to Crochet w/ Kate 10:15 – Stretching & Strength Training w/ Nick 10:45 – PEACE EDUCATION PROGRAM 1:00 – Bridge, Canasta, & Mahjong 1:15 – SOCIAL CLUB KARAOKE & MOCKTAILS Sponsor: SUNRISE OF GLEN COVE 2:00 – Bingo 2:00 – Chair Yoga, Toning, & 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