



October 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>SENIOR DAY FESTIVAL</u> AT THE GLEN COVE SENIOR CENTER  Saturday, October 24th 11:30am – 2:00pm Join us for a day filled with fun activities, music, food, dancing, and great company!	<u>MARK YOUR CALENDARS:</u> 10/2 – BANJO RASCALS OKTOBERFEST 10/5 – FREE VACCINATIONS 10/9 – SKIN CANCER SCREENINGS 10/13 – ITALIAN HERITAGE LUNCHEON 10/19 – GERMAN HERITAGE LUNCHEON 10/21 – TIMELESS TUNES SHOW 10/22 – LEGENDS OF SWING & SONG 10/27 – ALBERT MULAD PERFORMANCE	<u>TRIPS ON SALE NOW:</u> 11/18 – Mary Poppins Musical 12/2 – A Christmas Carol 12/7 – NY Islander Game 12/16 – Million Dollar Quartet 2/9 – LI Nets Basketball Game 2/24 – All Shook Up Musical	<u>SAGE GOLF OUTING & DINNER</u> 1 9:05 – Crocheting w/ Friends 10:15 – Card & Board Games 10:30 – CC Board Meeting 10:45 – CHORAL CLUB w/ Andrea & Bob 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	2 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:30 – SITE COUNCIL MEETING 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 1:00 – BANJO RASCALS OKTOBERFEST SHOW 1:15 – Line Dancing 2:00 – Bingo, Canasta, & Bridge 2:30 – Tai Chi w/ Spencer
FREE VACINATIONS 10:00 – 2:00 5 9:05 – Brain Booster Club 9:05 – Crocheting 9:45 – Exercise w/ YMCA 11:00 – Rummikub 11:00 – TECH ASSISTANCE w/ Jessica 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required	6 10:00 – Painting & Drawing w/ Chuck 10:15 – WALKING CLUB 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 11:00 – Total Body Fitness w/ Marvin 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – MEDICARE & MEDICAID BENEFITS 2:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo	ON YOUR FEET MUSICAL TRIP 7 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 1:00 – Bridge, Canasta, & Mahjong 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	8 9:00 – WALK WITH A DOC Garvies Point 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 – ART EXPRESSION WORKSHOP w/ Ivonne 1:15 – BEAT AT YOUR OWN DRUM Workout 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9 OKTOBERFEST TRIP 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:00-2:00 – SKIN CANCER SCREENINGS ~~11:00 – Rummikub Club~~ ~~11:00 – Trivia~~ 11:00 – Stretching & Meditation w/Nick 1:00 – Bingo ~~1:00 – Canasta & Bridge~~ 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
12 	13 10:00 – Painting & Drawing 11:00 – Trivia 11:00 – Total Body Fitness 11:00-2:00 – Manicures 11:00 – BEREAVEMENT GROUP with COMHPS 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 12:00 – ITALIAN HERITAGE DAY LUNCHEON Sponsored By: LOGGIA GLEN COVE 1:00 – Yoga & Pilates w/ Karen 1:00 – MATH IS FUN PART 14 Lecture w/ Frank D 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:15 – Ping Pong	CABARET MUSICAL TRIP 14 9:05 – Seniorobics w/ Fran 9:05-12:00 – Learn to Crochet w/ Kate 9:05-12:00 – ENHANCE VISIT NORTHWELL 10:45 – PEACE EDUCATION PROGRAM 11:00 – WOMEN’S CLUB 11:00 – Rummikub Club 1:00 – Bingo, Bridge, Canasta, & Mahjong ~~2:00 – Chair Yoga, Toning, & Balance w/ Nilo~~	15 9:30 – 12:00 – SNAP By Appointment 9:05 – Crocheting w/ Friends 10:15 – Card & Board Games 10:30 – CC Board Meeting 10:45 – CHORAL CLUB w/ Andrea & Bob 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	16 9:05 – Seniorobics w/ Fran 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:45 – OCTOBER BIRTHDAY’S CELEBRATION 1:15 – PAINT PARTY w/ Alicia 1:15 – Bingo, Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
19 9:05 – Brain Booster 9:05 – Crocheting 9:45 – Exercise w/ YMCA 10:15 – WALKING CLUB 10:45 – GARDEN CLUB PARTY 11:00 – TECH ASSISTANCE w/ Jessica 12:00 – GERMAN HERITAGE DAY LUNCHEON 1:00 – MUSIC JAM w/ Jeff 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer	20 9:05-12:00 – ENHANCE VISIT W/ NORTHWELL 10:00 – Painting & Drawing w/ Chuck 11:00-2:00 – Manicures w/ Ursula 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – MEDICARE & MEDICAID UPDATES 2:00 – Canasta, Mahjong, & Bridge 2:00 – FREE BINGO w/ PRIZES Sponsor: EMERGE & GC NURSING + REHAB	21 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 – TIMELESS TUNES w/ Joe Stroppel 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	22 9:05 – Crocheting w/ Friends 11:00 – Exercise YMCA 11:00-2:00 – Manicures 10:00 – INTERACTIVE LIVE TOUR: SWEDEN 11:00 – ENHANCE WORKSHOP W/ NORTHWELL 1:00 – LEGENDS OF SWING & SONG w/ Frank P 1:15 – Food Shopping 2:00 – Canasta & Mahjong 2:00 – Billiards Club 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required	23 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Rummikub Club 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 1:00 – FREE BINGO w/ PRIZES Sponsor: GLENGARIFF REHAB HEALTHCARE 1:00 – Canasta, & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
26 9:05 – Brain Booster Club 9:05 – Crocheting 9:45 – Exercise w/ YMCA 11:00 – Rummikub 11:00 – CONVERSATION CORNER w/ Jessica 1:00 – CAPTAIN STEPHENS BOOK 1:15 – ZUMBA 1:15 – Bingo, Canasta, Mahjong, & Bridge 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer 2:30 – 4:00 – PICKLEBALL CLUB TOURNAMENT Stanco Park Sign-up Required	27 10:00 – Painting & Drawing w/ Chuck 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 – Yoga & Pilates w/ Karen 1:00 – ALBERT MULAD PERFORMANCE Sponsored By: CAREFIRST HOME SOLUTIONS 2:15 – Bingo, Canasta, Mahjong, Bridge, Ping Pong	28 9:05 – Seniorobics w/ Fran 9:05 – 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 – THEODORE ROOSEVELT ON FILM Lecture 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:00 – Chair Yoga, Toning, & Balance w/ Nilo	29 9:05 – Crocheting w/ Friends 10:15 – Card & Board Games 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00 – Exercise YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:00 – MOVIE 1:15 – Food Shopping 2:00 – Billiards Club	30 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 12:45 – HALLOWEEN COSTUME CONTEST 1:00 – Canasta & Bridge 1:15 – FREE HALLOWEEN BINGO w/ BIG PRIZES Sponsored By: HOWARD GURSKY INSURANCE 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer