Glen Cove Adult Day Program
130 Glen Street, Glen Cove, NY 11542

ADP Schedule of Activities • November 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Day of the Dead 2 10a – Coffee & Short Stories: **Día de los Muertos**– Exploring the ancestral roots of this vibrant and joyous cultural celebration 10:30a – **Pictorial Prompt:** Family story crafting 11:15a – **Exercise:** Staff-guided Bingo-cise 12p – **Lunch, music, & *a papel picado* wordplay** 1-2p - End of Day: **Sugar Skull Soiree –** Ofrenda crafting, mocktails, and hoop toss for prizes	**Closed for Election Day** 3 	**Candles** 4 10a – Sip & Share: **Illumination and Warmth –** Diving into the ritual meanings and ancient symbolism of candles 10:30a – **Sensory Creations**: A cozy morning of aromatherapy with candle crafting 11:15a – **Brain Fitness:** *"Escape goat"* picture-find 12p – **Lunch, music, & a *wick* category game** 1-2p - End of Day: **Exercise:** Tai Chi w/ Maria	**Figs** 5 10a – Tea & Trivia: **"Fruit of Knowing" –** Shining a light on the rich and dramatic history of this heavenly fruit 11a – **Sign Language Class** – w/ Mill Neck Manor 11:45a – **Exercise:** Aerobicize w/ Agatha 12:15p – **Lunch, music, & a game of *Name Three*** 1-2p - End of Day: **Horticulture Therapy** – A harvest sensory & seasonal engagement with Lori Sherman	**Diwali** 6 10a – Readings & Recitals: **Igniting Hope** – Recounting the victory of illumination, goodness, and truth over darkness 10:30a – **Tactile Craft –** Clay pot designing 11:15a – **Brain Booster:** *Diwali* word search 12p– **Lunch, music, & a *light* word play** 1-2p – End of Day: **Exercise** - Mind & Body Movement w/ Marvin
Military Morale 9 10a – Sip & Share: **The Soldiers' Letter –** From wartime couriers to microfilmed sheets, the inspiring backstory of military mail and the fight for human connection 10:30a – **Brain Game:** *Communication* Crossword 11:45a – **Exercise:** Silver Sneakers (via YouTube) 12-2p - **Lunch, music, & a *military* word game** 1-2p - End of Day: **Operation Mail Call! –** A cozy afternoon of heartfelt card crafting for our troops. Hot cocoa, and a game of USA Jingo for prizes	**Poppies** 10 10a – Show & Tell: **Blooms of Sacrifice –** Reflecting on the cultural significance and military legacy of the poppy 11a – **Exercise:** Zumba w/ Carol 11:45a – **Brain Fitness:** *Parade* picture-find 12p – **Lunch, music, & a game of *Name Three*** 1-2p - End of Day: **Express & Connect** – Time for a lively and uplifting music therapy session with Zachary Thomas	**Closed for** 11  **We thank you for your service!**	**November Symbolism / Support Group** 12 10a – Coffee & Conversation: **Smoke, Frost, and Secret Meanings –** Decoding the icons, legends, & lore of this penultimate month 11a – **Sign Language Class** – w/ Mill Neck Manor 11:45a – **Exercise:** Aerobicize w/ Agatha 12:15p – **Lunch, music, & a game of *Outburst*** 1-2p - End of Day: ***ArtTalk!*** Discussing the changing of seasons as portrayed in famous artworks. Guided by **Laura Lynch**	**Friday the 13th / Recall & Rem Group** 13 10a – Sip & Share: **Triskaideka - What? –** Understanding the fear, folklore, and superstitions surrounding this day 10:30a – **Brain Game –** *Advice* crossword 11a – **"Recall & Reminiscence" Program -** Guided by LIU Post professors & student interns 12p – **Lunch, music, & a *fear* category game** 1-2p – End of Day: **Exercise -** Mind & Body Movement w/ Marvin
Bread / LIM - In the Moment 16 10a – Show & Tell: **From Foraging to Flatbreads** – Recounting the story of Earth's earliest bakers and how a simple dough changed history 10:30a – **Brain Teaser:** *In the kitchen I-Spy* 11a – **"In the Moment:"** LIM virtual gallery tour 12p – **Lunch, music, & a *yeast* category game** 1–2p – End of Day: **Exercise –** Balance, Strength, & Fitness w/ Kayla from *Metro PT*	**Scarecrows** 17 10a – Coffee & Short Stories: **Guardians, Omens & Tricksters –** Exploring the evolution of the scarecrow from agricultural tool to a symbol of fear and folklore 11a – **Exercise:** Zumba w/ Carol 11:45a – **Brain Booster:** *On the farm* crossword 12p – **Lunch, music, & *a scarecrow* scattergory** 1-2p - End of Day: **Cornstalk Shindig –** Strawman crafting, hot cider, and a game of cornhole	**Harvest** 18 10a – Tea & Trivia: **Cornucopias and Curiosity –** Discussing the bounty of fall and the lessons in growth and renewal 10:30a – **Brain Teaser**: *So many leaves* picture-find 11a – **Exercise:** Tai Chi w/ Maria 12p – **Lunch, music, & a game of *Outburst*** 1- 2p - End of Day: **Harvest Hooray** – Crafts & games w/ Pam and Judith from Sunrise & CareFirst	**Native American** 19 10a – Sip & Share: **Woven in the Earth –** Reflecting on the symbolism, storytelling & sacred traditions of Native Americans 11a – **Sign Language Class** – w/ Mill Neck Manor 11:45a – **Exercise:** Aerobicize w/ Agatha 12:15p – **Lunch, & a *tradition* category game** 1-2p - End of Day: **Horticulture Therapy** – Sensory & seasonal engagement with Lori Sherman	**Flannel** 20 10a – Show & Tell: ***Plaid*-itude** – From a working woolen to an iconic fashion statement. Discussing the evolution of flannel 10:30a –**Creative Art:** Flannel stars & pumpkins 11:15a – **Brain Teaser:** *Clothing* crossword 12p – **Lunch, music, & *a plaid* Scattergory** 1-2p – End of Day: **Exercise** - Mind & Body Movement w/ Marvin
Blue Willow 23 10a – Tea & Trivia: **Porcelain Passion** – Decoding the alluring secrets behind the Blue Willow pattern 10:30a – **Cognitive Challenge:** *Household* I-Spy 11a – **Bards & Brushes** – A morning of theater & art w/ the charismatic Cassidy Nelson 12p – **Lunch, music, & *a tableware* wordplay** 1–2p – End of Day: **Interactive Lecture –** Exploring the kaleidoscopic world of butterflies through Steve's breathtaking collection	**Turkey & Trimmings** 24 10a – Sip & Share: **Beyond the Bird –** Uncovering the surprising history of how side dishes stole the holiday stage 11a – **Exercise:** Zumba w/ Carol 11:45a – **Brain Fitness:** *Mealtime* crossword 12p – **Lunch, music, & a food match game** 1-2p - End of Day: **A Tur-tastic Craft Off –** An afternoon of treats, turkey crafts, games & trivia	**Giving Thanks** 25 10a – Reminiscence & Reflections: **Roots of Reverence –** Sharing our stories, memories, moments, and feelings of gratitude 10:30a – **Brain Game:** *Thanksgiving* wordsearch 11a – **Exercise:** Tai Chi w/ Maria 12p – **Lunch, music, & *a thankful* Scattergory** 1-2p – End of Day: **Gratitude Gathering –** Thankful Jar crafting, hot chocolate, & a Thanksgiving Jingle	**Closed for Thanksgiving** 26 	**Closed for Thanksgiving** 27
Buttons 30 10a – Sip & Share: **Bones to Brass –** A journey through the playful, fashionable, and folkloric history of buttons 10:30a – **Brain Teaser:** *Clothing* picture-find 11:45a – **Exercise:** Chair yoga (via YouTube) 12p – **Lunch, music, & a *fastener* category game** 1–2p-End of Day: **Button Bonanza –** A craft-a-thon of button crafts, brain games, & Bingo for prizes	*"When the trees their summer splendor* *change to raiment red and gold.* *When the summer moon turns mellow,* *and the nights are getting cold.* *When the squirrels hide their acorns,* *the woodchucks disappear.* *Then we know that it is autumn,* *the loveliest season of the year."* *– Carol L. Riser*	**November Special Events:** **5th & 19th – Horticulture Therapy:** Sensory & seasonal engagement with Lori Sherman **10th – Music Therapy:** Led by Zachery Thomas **12th - Gallery Gathering:** *ArtTalk!* Facilitated by Laura Lynch **13th – "Recall and Reminiscence" Program:** LIU Post professors and their students	**November Special Events:** **16th – "In the Moment:"** Long Island Museum virtual gallery tour and art-making session **18th – Sip & Socialize:** Crafts and trivia with Pam & Judith from Sunrise & CareFirst **23rd – Butterfly Lecture:** An interactive program facilitated by our Lepidopterist Steve Fratello	**November Special Events:** **23rd – Bards & Brushes –** Theater and Art program w/ Cassidy Nelson @ 11:00am **Caregiver Support Group – 12th @ 10:15am** Facilitated by FCA *(Please contact Amanda to inquire, as dates are subject to change)* **Every Thursday - Sign Language Class** with Mill Neck Manor

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