ISSUE 90 NOVEMBER 2026



Youth is a fleeting gift of nature.
Aging well is an enduring work of art.

GLEN COVE SENIOR CENTER

130 GLEN STREET GLEN COVE NY 11542 516 759 9610 www.glencoveseniorcenter.com

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 wonderful evening was enjoyed by all at the SAGE Foundation Golf Outing Fundraiser. The event brought our community together in support of a great cause while honoring two extraordinary individuals, Police Officer Eddie Loeffler and Dr. Maria Torroella Carney, for their outstanding contributions and dedication.







CONTACT INFORMATION

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A LETTER FROM OUR DIRECTOR

Dear Friends,

What an October we had!

We started the month off with our annual SAGE Golf Outing on Thursday, October 1st, which was a total success! We honored two deserving honorees this year. First, was our very own wonderful Officer Eddie Loeffler! Eddie was born and raised here in Glen Cove and has been a Glen Cove police officer for 12 years and the liaison to the senior center for 8 years. He is one of the kindest, most understanding supporters of our senior center and its members and never stops fighting to keep our seniors safe from all forms of scams or illegal activity. He is always available to help with any concern or issue that arises and is a regular friendly face at the center. Most of the time he comes to visit and speak with our members in full uniform on his day off! Thank you very much Eddie for allowing us to honor the amazing man you are! We thank you from the bottom of our hearts for all you do!

Our second honoree was Dr. Maria Torroella Carney. Dr. Carney is a Board-certified internist geriatrician and palliative care physician. She was the former Commissioner of the Nassau County Department of Health from 2008-2011 and is currently the President of Glen Cove Hospital, System Chief of Geriatrics and Palliative Medicine at Northwell Health. Dr. Carney has spent her career trying to reframe the healthcare system to better serve the growing aging population. She has made significant contributions to the field of longevity promotion and the care of vulnerable populations. Glen Cove and our senior center and members welcome Dr. Carney and thank her very much for accepting this award!

Another exciting event that took place this month was our annual Senior Day! Once again, it did not disappoint! This year we honored four wonderful community members for all their tireless work in helping so many, especially our seniors. Our four honorees for this year were:

Bob Howard Community Leadership Award
Dr. Maxine Cappel Mayreis, DC, DACS

SAGE Foundation Award Recipient
Angelina Stanco-Stone

Volunteer of the Year
Russell F. Lerch

Bravo Award
Saul Schachter



These four individuals have given so much to the Glen Cove community but especially to our beloved seniors. We thank them for accepting the honor and are so grateful for their love, compassion, generosity and caring.

We also have to thank our wonderful committee members, sponsors and supporters for all they did to make this day so wonderful!

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!

NOVEMBER HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

from the comfort of our Center!

November 10th at 2:30 pm – Capital Hill, Washington DC

November 18th at 11:00 am – Split, Croatia

Dive into the sights, sounds, flavors, and spirit of these beautiful places. Ditch the airport hassle and let us bring the world you!

FREE November Bingo:

November 4th at 2:00pm – Sponsored by *Glengariff Rehabilitation and Healthcare Center*

November 13th at 1:00pm – Sponsored by *Emerge & Glen Cove Center for Nursing and Rehabilitation*

Walking Club

Downtown Glen Cove

October 6th, 19th & 27th at 10:15 am

MARK YOUR CALENDARS:

Trivia Gameshow

Sponsored By: The Arbors

Monday, November 2nd at 1:00pm

Get ready for an afternoon of laughs, learning, and a little friendly competition! Join us for our exciting Trivia Game show, where teams will test their knowledge across a wide range of topics and surprise categories. Play with friends, meet new teammates, and have a great time as you work together to answer questions, solve puzzles, and compete for fun prizes. It's a lively, interactive event guaranteed to bring out big smiles and even bigger bragging rights. Come for the fun, stay for the excitement, and see if your team has what it takes to claim the title of Trivia Champion!

Simon & Garfunkel Tribute Show w/ Jay Daniels

Wednesday, November 4th at 1:00pm

Join us for a nostalgic musical journey as Jay Daniels brings the timeless sound of Simon & Garfunkel to life in this special tribute performance. With heartfelt vocals, rich harmonies, and authentic arrangements, Jay captures the spirit of the legendary duo whose music defined a generation. Enjoy beloved classics like The Sound of Silence, Bridge Over Troubled Water, Mrs. Robinson, and many more as Jay shares the stories and emotion behind these unforgettable songs. His warm stage presence and exceptional musicianship create an intimate, uplifting experience that our members always look forward to. Don't miss this afternoon of beautiful music, cherished memories, and sing-along favorites. This tribute show promises to be a highlight of the season!

Golden Gallery Reception *(Open to Everyone)*

Thursday, November 5th from 1:00pm – 2:00pm

The Glen Cove Senior Center is proud to showcase "Ouroboros," a powerful and thought provoking exhibition created by students from the Long Island High School for the Arts Media Arts Department. This talented group of young artists studies Visual Arts, Game Design, 3D Animation, and Film, bringing a wide range of creative perspectives to this month's theme. Across cultures, the ouroboros – the ancient image of a serpent consuming its own tail – has symbolized cycles, renewal, and the ongoing journey of self reflection. This exhibition explores repetition as both inspiration and introspection, highlighting the ways we revisit experiences, loop through familiar patterns, and sometimes rediscover ourselves along the way. We are excited to celebrate the imagination, skill, and expressive voices of these emerging artists. Their work adds fresh energy to our Golden Gallery, and we are thrilled to share their creativity with our community

Veteran's Day Luncheon

Sponsored By: Emerge and Glen Cove Center for Nursing & Rehabilitation

Tuesday, November 10th from 12:00pm – 1:00pm

Our annual Veterans Day Luncheon is a heartfelt tribute to the courageous individuals who have served our nation. This special event includes a powerful performance by the incredible Island Winds Orchestra, bringing patriotic favorites to life with their signature energy and artistry. Their music is always a highlight and creates a truly moving tribute to our veterans. Guests will enjoy a delicious holiday meal, live music, and special guests. All veterans will receive gifts as a small token of appreciation for their service and sacrifice. This heartfelt afternoon brings our community together to recognize the heroes among us and to celebrate the strength, courage, and dedication of those who served.

America During WWII

Tuesday, November 10th at 1:15pm

Don't miss this fascinating and insightful presentation as historian Glen Andriev takes us on a journey through America's pivotal role during World War II. This engaging lecture explores life on the home front, the nation's rapid mobilization, the contributions and sacrifices of American citizens, and the lasting impact the war had on our country and the world. Glen's lectures are always dynamic, informative, and accessible, bringing history to life through vivid storytelling and thoughtful discussion. Whether you're a history enthusiast or simply curious to learn more about this defining period, this program promises to be both educational and deeply compelling.

NOVEMBER HAPPENINGS AT THE GLEN COVE SENIOR CENTER

Art, Music, & Memory Workshop

Sponsored By: Care First Home Companions

Monday, November 16th at 1:00pm

Join us for an uplifting and interactive Art, Music, & Memory Workshop, designed to spark creativity, connection, and fun! Together, we'll explore how music and art help keep our minds active and our memories sharp. The program will include crowd-favorite activities such as "Guess That Song", a lively and nostalgic challenge that's sure to get everyone smiling and singing along. Participants will also enjoy a short, guided drawing or storytelling exercise, encouraging imagination and personal expression. And for a fun twist, we'll play "Finish the Lyric," a game that blends memory, music, and laughter. This workshop offers a warm, supportive space to be creative, reminisce, learn something new, and enjoy time with friends. Come join the fun!

Local Heroes Day Luncheon

Tuesday, November 17th from 12:00pm – 1:00pm

Our annual Local Heroes Day Luncheon is a heartfelt celebration honoring the extraordinary men and women who protect and serve the Glen Cove community. We are proud to recognize the dedication of the Glen Cove Police Department, Fire Department, Harbor Patrol, EMS/EMT teams, and Auxiliary Police, whose commitment to safety and service makes a profound difference every single day. During this special luncheon, we come together to thank these departments for their courage, quick response, and unwavering support – whether they are safeguarding our streets, responding to emergencies, rescuing those in danger, or offering critical medical care. Their work often happens behind the scenes, but its impact is felt throughout our entire community. This luncheon is our way of showing deep appreciation for all they do. We are grateful for their service, sacrifice, and the peace of mind they provide to every resident of Glen Cove.

Arts & Crafts Project

Sponsored By: Silver Lining Home Care

Tuesday, November 17th at 1:15pm

Get creative with us as we make beautiful, one-of-a-kind wooden bookmarks! In this hands-on arts and crafts project, participants will design and decorate their own personalized bookmark. Whether you're an experienced crafter or just looking to try something new, this fun and relaxing activity is perfect for all skill levels.

Timeless Melodies w/ Mary Malloy

Sponsored By: Home Helpers Home Care

Wednesday, November 18th at 1:00pm

Enjoy an afternoon of music, memories, and pure joy as we welcome back Mary Malloy, entertainer extraordinaire. Mary has a remarkable way of bringing classic songs to life through her warm storytelling, beautiful vocals, and charming stage presence. Her programs are always a crowd pleaser filled with nostalgia, laughter, and unforgettable moments. You won't want to miss this uplifting and beautifully performed program!

November Birthday Celebration

Friday, November 20th at 12:45pm

Join us as we celebrate the November 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!

Thanksgiving Luncheon

Sponsored By: Emerge and Glen Cove Center for Nursing & Rehabilitation

Monday, November 23rd from 12:00pm – 1:00pm

Celebrate the season of gratitude with us at our annual Thanksgiving Luncheon! Enjoy a delicious holiday meal surrounded by friends, community, and the warm spirit of togetherness. The afternoon will feature live entertainment, special guests, and plenty of festive cheer to make the occasion truly memorable. As we gather to give thanks, we look forward to sharing good food, great company, and a wonderful celebration with all who attend. This is always one of our most beloved events of the year – come join us for a heartwarming Thanksgiving tradition!

A Piano Journey w/ Michael Siconolfi

Sponsored By: Loggia Glen Cove

Monday, November 23rd at 1:15pm

We are thrilled to welcome pianist Michael Siconolfi for his first performance at our Center! Michael is an exceptionally talented musician whose expressive playing and thoughtful interpretations create a warm and captivating musical experience. His program will feature a beautiful selection of classics and audience favorites, offering an afternoon of relaxation, inspiration, and pure enjoyment. Whether you're a longtime music lover or simply looking forward to a lovely live performance, Michael's debut with us promises to be both memorable and uplifting.

Stay Strong, Steady & Independent

Sponsored By: BRC Physical Therapy

Tuesday, November 24th at 1:00pm

Don't miss this empowering and engaging program focused on helping us maintain the strength and confidence we need to keep living life to the fullest. In this interactive lecture, attendees will explore the importance of strength, mobility, balance, and coordination – four key components that support our independence as we age. Through fun demonstrations and practical tips, we'll learn how staying active can help us continue doing the things we love, whether it's gardening, golfing, walking, playing with grandchildren, or simply moving comfortably through our daily routines. This presentation is designed for everyone and promises to be informative, enjoyable, and uplifting.

November 2026

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

MONDAY	TUESDAY	WED
9:05 – Brain Booster Club **2** 9:05 – Crocheting w/ Friends 9:45 – Exercise w/ YMCA 11:00 – Rummikub **1:00 – TRIVIA GAMESHOW w/ PRIZES** **Sponsored By: *THE ARBORS*** 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	**THE SENIOR CENTER IS CLOSED** **3** 	9:05 – Brain Booster Cl 9:05-12:00 – Crochet w 10:15 - Stretching & Str **11:00 - WOMEN'S CLU** **1:00 – SIMON & GAR** **2:00 – FREE BINGO w** **Sponsor: *GLENGARIF*** 2:00 – Bingo, Canasta 2:00 – Chair Yoga, Tor
9:05 – Brain Booster Club **9** 9:05 – Crocheting w/ Friends 9:45 – Exercise w/ YMCA 11:00 – Rummikub **11:00 – TECH ASSISTANCE w/ Jessica** **1:00 – SAVE MONEY ON PRESCRIPTION DRUGS** **Sponsored By: *HOWARD GURSKY INSURANCE*** 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	10:00 – Painting & Drawing w/ Chuck **10** 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia **11:00 – BEREAVEMENT GROUP with COMHPS** **12:00 – VETERAN'S DAY LUNCHEON** **Sponsored By: *EMERGE & GC NURSING + REHAB*** 1:00 – Yoga & Pilates w/ Karen **1:15 – AMERICA DURING WW II Lecture** 2:15 – Bingo, Ping Pong, Canasta, & Mahjong **2:30 – INTERACTIVE LIVE TOUR: CAPITAL HILL, DC**	**THE SENIOR C** 
9:05 –Brain Booster 9:05 – Crocheting **16** 9:45 – Exercise w/ YMCA 11:00 – Rummikub **11:00 – MUSIC JAM w/ Jeff** **1:00 ART, MUSIC, & MEMORY WORKSHOP** **Sponsored By: *CARE FIRST HOME COMPANIONS*** **1:00-5:00 – ENHANCE VISIT w/ NORTHWELL** 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	**9:05-12:00 – ENHANCE VISIT w/ NORTHWELL** **17** 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin **11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne** **12:00 – LOCAL HEROES DAY LUNCHEON** 1:00 – Yoga & Pilates w/ Karen **1:15 – ARTS & CRAFTS PROJECT** **Sponsored By: *SILVER LINING HOME CARE*** 2:00 – Bingo, Canasta, Mahjong, Bridge, Ping Pong	**MARY POPPIN** **9:05-12:00 – ENHANCE** 9:05 – Seniorobics 10:15 – Stretching & St **11:00 – WOMEN'S CLU** **11:00 – INTERACTIVE L** **1:00 – TIMELESS MEL** 2:00 – Bingo, Canasta, 2:00 – Chair Yoga, Ton
9:05 – Crocheting **11:00 – TECH ASSISTANCE** **23** 9:45 – Exercise w/ YMCA 11:00 – Rummikub **12:00 – THANKSGIVING LUNCHEON** **Sponsored By: *EMERGE & GC NURSING + REHAB*** **1:15 – A PIANO JOURNEY w/ Michael Siconolfi** **Sponsored By: *LOGGIA GLEN COVE*** 1:15 – ZUMBA 1:15 – Food Shopping 2:00 – Bingo, Canasta, Mahjong, & Bridge 2:30 – Tai Chi w/ Spencer	**9:05-12:00 – ENHANCE VISIT w/ NORTHWELL** **24** 10:00 – Painting & Drawing 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia **11:00 – BEREAVEMENT GROUP with COMHPS** 1:00 – Yoga & Pilates w/ Karen **1:00 – STRONG, STEADY, INDEPENDENT Lecture** **Sponsored By: *BRC PHYSICAL THERAPY*** 2:00 – Bingo 2:00 – Ping Pong 2:00 – Canasta, Mahjong, & Bridge	9:05 – Brain Booster Cl 9:05-12:00 – Crochet w 10:15 – Stretching & St **10:30 – ARTS & CRAFTS** **11:00 – ENHANCE WOR** **11:00 – WOMEN'S CLU** **1:00 – ART EXPRESSIO** 1:00 – Bingo, Canasta, 2:00 – Chair Yoga, Ton
9:05 –Brain Booster 9:05 – Crocheting **30** 9:45 – Exercise w/ YMCA **10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only)** 11:00 – Rummikub **1:00 – PROTECT YOURSELF FROM SCAMS Lecture** **Sponsored By: *HOWARD GURSKY INSURANCE*** 1:00 – Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	***MARK YOUR CALENDARS:*** **11/2 – TRIVIA GAMESHOW** **11/4 – SIMON & GARFUNKEL TRIBUTE** **11/5 – GOLDEN GALLERY RECEPTION** **11/10 – VETERAN'S DAY LUNCHEON** **11/17 – LOCAL HEROES DAY** **11/18 – TIMELESS MELODIES MARY M.** **11/23 – THANKSGIVING LUNCHEON** **11/23 – PIANO PERFORMANCE MIKE S.**	**TRIPS ON** **12/2 – A Christ** **12/7 – NY Islar** **12/16 – Million** **2/9 – Nets Bas** **2/24 – All Shook** **4/21 – Sound of** **6/16 – Paddingt**

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

NESDAY	THURSDAY	FRIDAY
ub 9:05 – Seniorobics **4** / Kate rength Training w/ Nick B 11:00 – Rummikub FUNKEL **w/ Jay Daniels** / PRIZES ***F REHAB HEALTHCARE*** , Mahjong, & Bridge ning, & Balance w/ Nilo	9:05 – Crocheting w/ Friends **5** 10:15 – Card & Board Games **10:30 – CC Board Meeting** **10:45 – CHORAL CLUB w/ Andrea & Bob** 11:00 – Exercise w/ YMCA **1:00-2:00 – GOLDEN GALLERY RECEPTION** 1:00 – Canasta & Mahjong 1:15 – Food Shopping **1:30 – Centre Club** 2:00 – Billiards Club	9:05 – Seniorobics 9:05 – Crocheting **6** **10:00-11:30 – SEWING CLUB w/ Stephanie** **11:00 – BOOK CLUB** 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 11:00 – Rummikub Club **1:00 – MEDICARE & MEDICAID UPDATES** **Sponsored By: *HEALTHFIRST*** 1:15 – Line Dancing 2:00 – Bingo 2:00 – Canasta & Bridge 2:30 – Tai Chi
CENTER IS CLOSED **11** 	9:05 – Crocheting w/ Friends **12** **9:30 – 12:00 – SNAP By Appointment** 10:15 – Card & Board Games **10:45 – CHORAL CLUB w/ Andrea & Bob** 11:00 – Exercise w/ YMCA **11:00 – American Legion Meeting** **1:00 – LILA** 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran **13** 9:05 – Crocheting w/ Friends **10:30 – SITE COUNCIL MEETING** 11:00 – Trivia 11:00 – Stretching & Meditation w/Nick **1:00 – FREE BINGO w/ PRIZES** **Sponsor: *EMERGE & GC NURSING + REHAB*** 1:00 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
IS MUSICAL TRIP **18** **VISIT w/ NORTHWELL** 9:05-12:00 – Crochet rength Training w/ Nick **B** 11:00 – Rummikub Club **IVE TOUR: CROATIA** **ODIES w/ Mary Malloy** Mahjong, & Bridge ing, & Balance w/ Nilo	**9:00 – WALK WITH A DOC** **19** 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 1:00 – Canasta & Mahjong 1:15 – Food Shopping **1:30 – Centre Club** 2:00 – Billiards Club	**9:05-12:00 – ENHANCE VISIT NORTHWELL** **20** 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 – NOVEMBER BIRTHDAY'S CELEBRATION** **1:15 – PAINT PARTY w/ Alicia** 1:15 – Bingo, Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
ub 9:05 – Seniorobics **25** / Kate rength Training w/ Nick **S CLUB w/ Marjorie** **RKSHOP W/ NORTHWELL** **B** 11:00 – Rummikub **ON WORKSHOP w/ Ivonne** Mahjong, & Bridge ing, & Balance w/ Nilo	**THE SENIOR CENTER IS CLOSED** **26** 	**THE SENIOR CENTER IS CLOSED** **27** 
SALE NOW: **tmas Carol** **nder Game** **Dollar Quartet** **ketball Game** **k Up Musical** **Music** **on Broadway**	**SAVE THE DATE!** ***CANDLELIGHT DINNER*** **Saturday, December 5** **5:00pm – 8:00pm** **RESERVATIONS REQUIRED** ***DINNER, RAFFLES, DJ, DANCING, PHOTO BOOTH & MORE!***	Happy Thanksgiving from your Senior Center family! ***Wishing all our wonderful members a joyous and heartfelt Thanksgiving! May your day be filled with warmth, gratitude, and cherished moments with loved ones.***

NOVEMBER HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

The Glen Cove Adult Day Program welcomes you to the beginning of winter in the Northern Hemisphere! We are ready for the season of gratitude, reflection, and family gatherings. During the cooler weather, our program offers a cozy environment for friends to embrace the seasonal fun. We wish all our Scorpios and Sagittarians Happy Birthdays this month! There are many special days of awareness and observances to celebrate this month, including Veterans Day, Election Day, Thanksgiving, Diwali, and All Saints' Day/All Souls' Day. It is also Family Caregivers Appreciation Month, Veterans and Military Family Month, Aviation History Month, and U.S. Beard Month (also known as No-Shave November or Movember. It is the perfect time of year to incorporate themes like turkeys, parades, harvests, scarecrows, acorns, corn, homemade bread, elections, Native American Heritage, and squirrels into our activities and crafts. We will be participating in Operation Mail Call, which is a holiday letter-writing program for soldiers, in addition to many other fun activities planned for November!

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, and we will also have an Art and Theater workshop to creatively express ourselves and reduce stress. 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. 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. Our friend Steve Fratello, who is a naturalist, lepidopterist, and explorer, and who has spent nearly 1,000 days exploring rainforests, will present his rare collection of butterflies and moths this month. 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 October 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



Participants and staff in the adult day program enjoying a month of creativity, joy, and connection.

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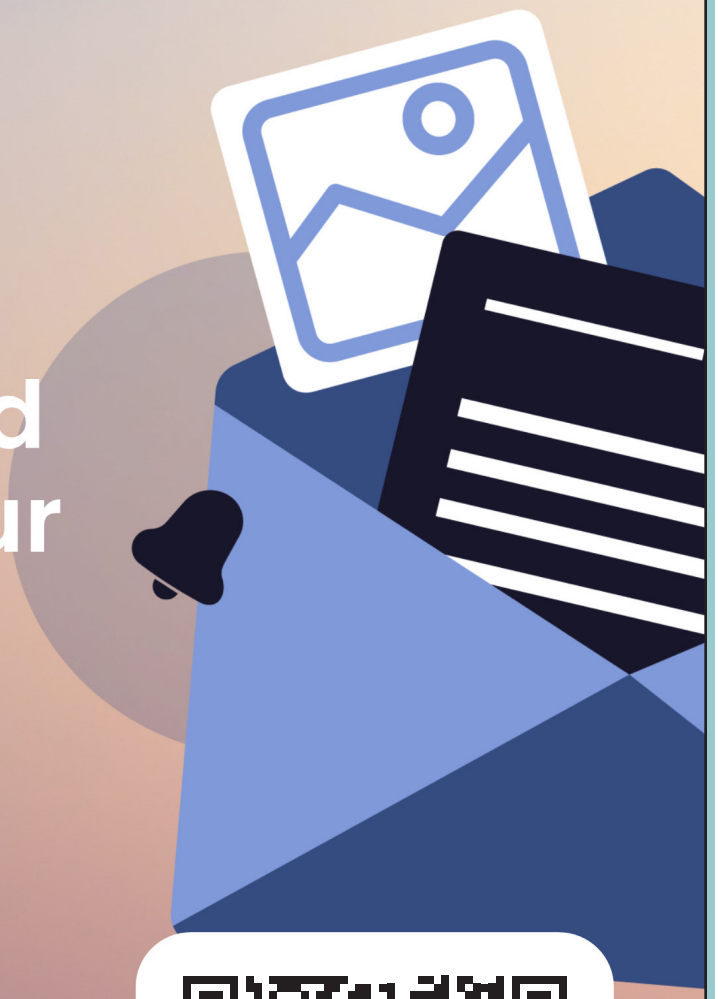
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LUNCH MENU NOVEMBER 2026

FOR RESERVATIONS PLEASE CALL (516) 676-6182

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *CHICKEN NOODLE SOUP** POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI WHEAT BREAD *PEAR HALVES** OR EGG SALAD ON WHEAT W/ L & T POTATO SALAD	**2** WE WILL BE CLOSED FOR ELECTION DAY 	**3** *CHICKEN NOODLE SOUP** POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI WHEAT BREAD *PEAR HALVES** OR EGG SALAD ON WHEAT W/ L & T POTATO SALAD	**4** *CHICKEN NOODLE SOUP** POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI WHEAT BREAD *PEAR HALVES** OR EGG SALAD ON WHEAT W/ L & T POTATO SALAD	**5** *CHICKEN NOODLE SOUP** POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI WHEAT BREAD *PEAR HALVES** OR EGG SALAD ON WHEAT W/ L & T POTATO SALAD
9 *CHICKEN NOODLE SOUP** BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS WHEAT BREAD *BLUEBERRY CRUMB** OR HAM & CHEESE ON RYE W/ L&T & MUSTARD PEA SALAD	**10** *VEGETABLE SOUP** BEEF TACO W/ LETTUCE TOMATOES & CHEESE ON A TORTILLA MEXICAN RICE & BEANS CRACKERS *BANANA** OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO POTATO SALAD	**11** WE WILL BE CLOSED FOR VETERANS DAY 	**12** *TOMATO RICE SOUP** JUMBO RAVIOLI W/ MEAT SAUCE MIXED VEGETABLES WHEAT BREAD *JELLO** OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD	**13** *WHITE BEAN SOUP** SPAGHETTI & MEATBALLS ITALIAN VEGETABLES ITALIAN BREAD *MIXED FRUIT** OR TUNA SALAD ON RYE W/ L & T MACARONI SALAD
16 *POTATO CHOWDER SOUP** CHICKEN FRICASSEE BROAD NOODLES VEGETABLE MEDLEY WHEAT BREAD *JELLO** OR TUNA SALAD ON RYE W/ L&T COLESLAW	**17** *VEGETABLE SOUP** *SAUSAGE & PEPPERS W/ MARINARA ON A HERO* *ROASTED POTATOES* *BROCCOLI* *CRACKERS* *PEACH CRUMB** OR SLICED TURKEY & SWISS ON RYE W/ L & T & MAYO BROCCOLI SALAD	**18** *LENTIL SOUP** CHICKEN TOPPED W/ MOZZARELLA & SPINACH IN A MARSARLA SAUCE MASHED POTATOES CARROTS ITALIAN BREAD *PUDDING** OR SEAFOOD SALAD IN A TORTILLA W/ L & T MIXED SALAD	**19** *SPLIT PEA SOUP** LOIN OF PORK W/ GRAVY MASHED POTATOES, BEETS WHEAT BREAD *APPLESAUCE** OR EGG SALAD ON WHEAT W/ L & T BEET SALAD	**20** *CHICKEN NOODLE SOUP** MEATLOAF W/ GRAVY MASHED POTATOES PEAS & CARROTS RYE BREAD *BIRTHDAY CAKE** OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD
23 *JUICE** ROAST TURKEY W/ GRAVY, STUFFING & CRANBERRY SAUCE MASHED POTATOES GREEN BEANS RYE BREAD *APPLE CRUMB** OR SEAFOOD SALAD IN A TORTILLA W/ L & T 3 BEAN SALAD	**24** *TOMATO RICE SOUP** SLOPPY JOES ON A BUN FRENCH FRIES COLESLAW CRACKERS *BANANAS** OR EGG SALAD ON WHEAT W/ L&T COLESLAW	**25** *BEEF BARLEY SOUP** 3 CHEESE LASAGNA ROLL-UPS ITALIAN VEGETABLES WHEAT BREAD *PEACH HALVES** OR SLICED HAM & CHEESE ON RYE W/ L & T MUSTARD POTATO SALAD	**26** WE WILL BE CLOSED 	**27** FOR THANKSGIVING
30 *CORN CHOWDER SOUP** CHICKEN W/ TOMATO & BASIL SAUCE BOWTIE PASTA MIXED VEGETABLES WHEAT BREAD *JELLO** OR EGG SALAD ON WHEAT W/ L & T VEGGIE 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**