



November 2024
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
<p>MARK YOUR CALENDARS: 11/6 – BUTTERFLIES & MOTHS LECTURE 11/7 – GOLDEN GALLERY RECEPTION 11/8 – KENNY RODGERS TRIBUTE 11/12 – VETERAN'S DAY LUNCHEON 11/20 – LOCAL HEROES DAY 11/22 – NOVEMBER BIRTHDAY'S 11/25 – THANKSGIVING LUNCHEON 11/27 – HEALTH EXPO</p>	<p>SAVE THE DATE! CANDLELIGHT DINNER Saturday, December 7TH 4:30pm – 8:30pm DINNER, RAFFLES, DJ, DANCING, PHOTO BOOTH & MORE!</p>	<p>NEW INTERACTIVE LIVE TOURS from the comfort of our Center! 11/20 at 11:00am – Venice, Italy 11/21 at 11:00am – Edinburgh, Scotland 11/26 at 1:30pm – Buenos Aires, Argentina Dive into the sights, sounds, flavors, and spirit of these beautiful places. Ditch the airport hassle and let us bring the world you!</p>	<p>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.</p>	<p>9:00 – Seniorobics w/ Fran 1 9:00 – Crocheting w/ Friends 10:30 – SITE COUNCIL MEETING 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo & Canasta 1:15 – KARAOKE 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>
<p>9:00 – Brain Booster Club 4 9:00 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 10:45 – 4TH ANNUAL PAPER AIRPLANE CONTEST 1:00 – ZUMBA w/ Nilo 1:00 – MEDICARE/MEDICAID Q&A WORKSHOP 1:00 – Canasta, Mahjong, & Bridge 1:15 – Food Shopping 2:00 – Tai Chi w/ Spencer 2:00 – Bingo</p>	<p>THE SENIOR CENTER IS CLOSED 5</p> <p>ELECTION DAY</p>	<p>9:00 – Seniorobics w/ Fran 9:00 – Crocheting 6 10:15 – Stretching & Strength Training w/ Nick 11:00 – MUSIC WITH MICHELLE 11:00 – Rummikub Club 1:00 – DANCE CLASS 1:00 – Canasta, Mahjong, & Bridge 1:15 – BUTTERFLIES & MOTHS w/ Steve Fratello Sponsored By: SANDS POINT CENTER FOR NURSING & REHABILITATION 2:00 – Chair Yoga w/ Nilo 2:00 – Bingo</p>	<p>9:00 – Brain Booster Club 7 10:00 – Card & Board Games 10:30 – CC Board Meeting 10:30 – Exercise w/ YMCA 11:30 – DRUM CIRCLE 1:00-4:00 – GOLDEN GALLERY RECEPTION 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club</p>	<p>9:00 – Seniorobics w/ Fran 8 9:00 – Crocheting w/ Friends 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – KENNY ROGERS TRIBUTE SHOW 1:15 – Line Dancing 2:00 - Bingo 2:30 – Tai Chi w/ Spencer</p>
<p>THE SENIOR CENTER IS CLOSED 11</p> <p>VETERANS Honoring all who served!</p>	<p>9:00 – Brain Booster Club 12 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 12:00 – VETERAN'S DAY LUNCHEON Sponsored By: GLEN COVE CENTER FOR NURSING & REHABILITATION and EMERGE 1:00 – Canasta, Mahjong, & Bridge 1:15 – Bingo 1:15 – Ping Pong</p>	<p>9:00 – Seniorobics w/ Fran 13 9:00 – Crocheting with Friends 10:00 – 12:00 – TECH SUPPORT – SMART VAN 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub 1:00 – LILA 1:00 – Bingo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Chair Yoga w/ Nilo</p>	<p>9:00 – WALK WITH A DOC B & G Club 14 10:00 – Card & Board Games 10:30 – Exercise w/ YMCA 11:30 – American Legion Meeting 1:00 – REMEMBERING CHARLIE PAPPAS 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club</p>	<p>9:00 – 12:00 – HEALTH ASSESSMENTS 15 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo & Canasta 1:15 – KARAOKE 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer</p>
<p>9:00 – Brain Booster Club 18 9:00 – Crocheting w/ Friends 10:00 – 12:00 - Haircuts w/ Rose (Appt. Only) 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:00 – MUSIC JAM w/ Jeff 1:00 – ZUMBA w/ Nilo 1:00 – NUTRITION LECTURE 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – Food Shopping 2:00 – Tai Chi w/ Spencer</p>	<p>9:00 – Brain Booster Club 19 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 11:00 – Bereavement with COMHPS 1:00 – Canasta 1:00 – Mahjong & Bridge 1:00 – MEDICARE/MEDICAID CHANGES LECTURE 2:00 – Bingo & Ping Pong</p>	<p>9:00 – Seniorobics w/ Fran 20 9:00 – Crocheting with Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 11:00 – INTERACTIVE LIVE TOUR: ITALY 12:00 – LOCAL HEROES APPRECIATION DAY 1:00 – Canasta, Mahjong, & Bridge 1:00-3:00 – HEALTH EXPO 2:00 – Chair Yoga w/ Nilo</p>	<p>9:00 – Brain Booster Club 21 9:30 – 12:00 – SNAP By Appointment 10:00 – Card & Board Games 10:00 – 12:00 – TECH SUPPORT – SMART VAN 10:30 – CC Board Meeting 10:30 – Exercise w/ YMCA 11:00 – INTERACTIVE LIVE TOUR: SCOTLAND 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club</p>	<p>9:00 – Seniorobics w/ Fran 22 9:00 – Crocheting w/ Friends 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 – Bingo & Canasta 1:15 – Line Dancing 1:15 – PAINT PARTY w/ Alicia 2:30 – Tai Chi w/ Spencer</p>
<p>9:00 – Brain Booster Club 25 9:00 – Crocheting with Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub 12:00 – THANKSGIVING LUNCHEON 1:00 – ZUMBA w/ Nilo 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – MOCKTAIL & MINGLE Sponsored By: SUNRISE OF GLEN COVE 1:15 – Food Shopping 2:00 – Tai Chi w/ Spencer</p>	<p>9:00 – Brain Booster Club 26 10:00 – Painting & Drawing w/ Chuck 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 1:00 – Bingo 1:00 – Canasta 1:00 – Mahjong 1:00 – Bridge 1:30 – INTERACTIVE LIVE TOUR: ARGENTINA</p>	<p>9:00 – Seniorobics w/ Fran 27 9:00 – Crocheting w/ Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 11:00 – POKER CLUB 1:00 – FALL PREVENTION & HOME SAFETY 1:00 – Canasta 1:00 – Mahjong & Bridge 2:00 – Bingo 2:00 – Chair Yoga w/ Nilo</p>	<p>THE SENIOR CENTER IS CLOSED 28</p> <p>HAPPY Thanksgiving DAY</p>	<p>THE SENIOR CENTER IS CLOSED 29</p> <p>TURKEY</p>