



**January 2025**  
**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 align="center"><i>The Glen Cove Senior Center staff would like to wish you all a very Happy, Healthy New Year! Hello 2025!</i></p>	<p align="center"><b>TRIPS ON SALE NOW:</b></p> <p>1/10 – Kattam Percussion Show            1/29 – Heartbreak Hotel Musical            2/11 – Long Island Nets Game            2/12 – Addams Family Musical            4/9 – Macbeth            4/9 – Shen Yun Lincoln Center            5/14 – Fiddler on the Roof Musical            6/12 – NY Mets Game</p>	<p align="center"><b>THE CENTER IS CLOSED</b></p> <p align="center"><i>Happy New Year</i></p>	<p>9:00 – Brain Booster Club            10:30 – Exercise w/ YMCA  <b>10:30 – CC Board Meeting</b>  <b>11:30 – CORNHOLE</b>  <b>1:00-2:00 – GOLDEN GALLERY RECEPTION</b>            1:00 – Canasta &amp; Mahjong            1:15 – Food Shopping  <b>1:30 – Centre Club</b>      2:00 – Billiards Club</p>	<p>9:00 – Seniorobics w/ Fran            9:00 – Crocheting w/ Friends  <b>10:30 – SITE COUNCIL MEETING</b>  <b>11:00 – BOOK CLUB</b>      11:00 – Trivia            11:00 – Rummikub Club            11:00 – Stretching &amp; Meditation w/ Nick            1:00 – Canasta      1:00 – Bingo            1:15 – Line Dancing      2:30 – Tai Chi w/ Spencer</p>
<p>9:00 – Brain Booster Club            9:00 – Crocheting w/ Friends            10:30 – Exercise w/ YMCA            11:00 – Rummikub Club  <b>11:15 – VIDEO MEDITATION</b>            1:00 – ZUMBA w/ Nilo            1:00 – Canasta, Mahjong, &amp; Bridge            1:00 – Bingo            2:30 – Tai Chi w/ Spencer</p>	<p>9:00 – Brain Booster Club  <del>10:00 – Painting &amp; Drawing w/ Chuck</del>  <b>10:45 – MINISERIES</b>  <b>11:00 – Bereavement with COMHPS</b>            11:00 – Trivia            11:00 – Total Body Fitness w/ Marvin            1:00 – Canasta, Mahjong, &amp; Bridge            1:00 – Bingo            1:00 – Ping Pong</p>	<p>9:00 – Seniorobics w/ Fran            9:00 – Crocheting with Friends  <b>10:00 – INTERACTIVE LIVE TOUR: MACEDONIA</b>  <b>10:00 – 12:00 – TECH ASSISTANCE W/Smart Van</b>            10:15 – Stretching &amp; Strength Training w/ Nick            11:00 – Rummikub Club  <b>1:00 – YOUR FAVORITE SONGS MUSIC SHOW</b>            1:00 – Canasta, Mahjong, &amp; Bridge            2:00 – Bingo      2:00 – Chair Yoga w/ Nilo</p>	<p>9:00 – Brain Booster Club            10:00 – Card &amp; Board Games            10:30 – Exercise w/ YMCA  <b>11:00 – American Legion Meeting</b>  <b>11:30 – DRUM CIRCLE</b>            1:00 – Canasta &amp; Mahjong            1:15 – Food Shopping  <b>1:15 – KARAOKE</b>            2:00 – Billiards Club</p>	<p align="center"><b>KATTAM TRIP</b></p> <p>9:00 – Seniorobics w/ Fran  <b>10:00-11:30 – SEWING CLUB w/ Stephanie</b>            11:00 – Trivia            11:00 – Rummikub Club            11:00 – Stretching &amp; Meditation w/ Nick            1:00 – Canasta      1:00 – Bingo            1:15 – Line Dancing            2:30 – Tai Chi w/ Spencer</p>
<p>9:00 – Crocheting w/ Friends            10:30 – Exercise w/ YMCA            11:00 – Rummikub Club  <b>11:15 – VIDEO MEDITATION</b>            1:00 – ZUMBA w/ Nilo            1:00 – Canasta, Mahjong, &amp; Bridge            1:15 – Food Shopping      1:00 – Bingo            2:30 – Tai Chi w/ Spencer</p>	<p>9:00 – Brain Booster Club  <del>10:00 – Painting &amp; Drawing w/ Chuck</del>            11:00 – Trivia            11:00 – Total Body Fitness w/ Marvin  <b>11:15 – KARAOKE</b>            1:00 – Canasta            1:00 – Mahjong &amp; Bridge            1:00 – Bingo &amp; Ping Pong</p>	<p>9:00 – Seniorobics w/ Fran            9:00 – Crocheting with Friends            10:15 – Stretching &amp; Strength Training w/ Nick            11:00 – Rummikub Club  <b>11:00 – INTERACTIVE LIVE TOUR: POLAND</b>            1:00 – Canasta, Mahjong, &amp; Bridge            1:00 – Bingo            2:00 – Chair Yoga w/ Nilo</p>	<p><b>9:00 – WALK WITH A DOC – Boy/Girls Club</b>  <b>9:30 – 12:00 – SNAP By Appointment</b>  <b>10:00 – INTERACTIVE LIVE TOUR: IRELAND</b>  <b>10:30 – CC Board Meeting</b>            10:30 – Exercise w/ YMCA            1:00 – Canasta &amp; Mahjong            1:15 – Food Shopping      <b>1:30 – Centre Club</b>            2:00 – Billiards Club</p>	<p><b>9:00 – 12:00 HEALTH ASSESSMENTS</b>            9:00 – Seniorobics w/ Fran            9:00 – Crocheting w/ Friends            11:00 – Trivia      11:00 – Rummikub Club            11:00 – Stretching &amp; Meditation w/ Nick  <b>12:45 – JANUARY BIRTHDAY'S CELEBRATION</b>            1:15 – Bingo &amp; Canasta            1:15 – Line Dancing      2:30 – Tai Chi w/ Spencer</p>
<p align="center"><b>THE CENTER IS CLOSED</b></p> <p align="center"></p>	<p>9:00 – Brain Booster Club  <del>10:00 – Painting &amp; Drawing w/ Chuck</del>  <b>10:45 – MINISERIES</b>            11:00 – Trivia            11:00 – Total Body Fitness w/ Marvin  <b>12:00 – MARTIN LUTHER KING JR. CELEBRATION</b>  <b>1:00 – FINANCIAL LITERACY WORKSHOP</b>            1:00 – Canasta, Mahjong &amp; Bridge            2:00 – Bingo &amp; Ping Pong</p>	<p>9:00 – Seniorobics w/ Fran            9:00 – Crocheting with Friends  <b>10:00 – 12:00 – TECH ASSISTANCE W/Smart Van</b>            10:15 – Stretching &amp; Strength Training w/ Nick            11:00 – Rummikub Club            1:00 – Canasta, Mahjong &amp; Bridge  <b>1:00 – TIPS FOR AGING IN PLACE LECTURE</b>            2:00 – Bingo            2:00 – Chair Yoga w/ Nilo</p>	<p>9:00 – Brain Booster Club            10:00 – Card &amp; Board Games            10:30 – Exercise w/ YMCA  <b>11:00 – INTERACTIVE LIVE TOUR: ITALY</b>            1:00 – Canasta            1:00 – Mahjong  <b>1:00 – MOVIE</b>            1:15 – Food Shopping            2:00 – Billiards Club</p>	<p>9:00 – Seniorobics w/ Fran            9:00 – Crocheting w/ Friends  <b>10:00-11:30 – SEWING CLUB w/ Stephanie</b>            11:00 – Trivia            11:00 – Rummikub Club            11:00 – Stretching &amp; Meditation w/ Nick            1:00 – Bingo &amp; Canasta            1:15 – Line Dancing            2:30 – Tai Chi w/ Spencer</p>
<p>9:00 – Crocheting w/ Friends  <b>10:00 – 12:00 - HAIRCUTS w/ Rose (Appt. Only)</b>            10:30 – Exercise w/ YMCA      11:00 – Rummikub Club  <b>11:00 – MUSIC JAM w/ Jeff</b>  <b>1:00 – MATH IS FUN PART 8 w/ Frank DeMita</b>            1:00 – ZUMBA w/ Nilo            1:00 – Canasta, Mahjong, &amp; Bridge            1:15 – Food Shopping      2:00 – Bingo            2:30 – Tai Chi w/ Spencer</p>	<p>9:00 – Brain Booster Club  <del>10:00 – Painting &amp; Drawing w/ Chuck</del>            11:00 – Trivia            11:00 – Total Body Fitness w/ Marvin  <b>11:15 – KARAOKE</b>            1:00 – Canasta            1:00 – Mahjong            1:00 – Bridge            1:00 – Bingo &amp; Ping Pong</p>	<p align="center"><b>HEARTBREAK HOTEL TRIP</b></p> <p>9:00 – Seniorobics w/ Fran            10:15 – Stretching &amp; Strength Training w/ Nick            11:00 – Rummikub Club  <b>12:00 – CHINESE NEW YEAR LUNCHEON</b>            1:00 – Canasta            1:00 – Mahjong &amp; Bridge            1:00 – Bingo            2:00 – Chair Yoga w/ Nilo</p>	<p>9:00 – Brain Booster Club            10:00 – Card &amp; Board Games            10:30 – Exercise w/ YMCA  <b>10:30 – ARTS &amp; CRAFTS CLUB w/ Marjorie</b>            1:00 – Canasta            1:00 – Mahjong  <b>1:00 – MOVIE</b>            1:15 – Food Shopping            2:00 – Billiards Club</p>	<p>9:00 – Seniorobics w/ Fran            9:00 – Crocheting w/ Friends            11:00 – Trivia            11:00 – Rummikub Club            11:00 – Stretching &amp; Meditation w/ Nick            1:00 – Bingo &amp; Canasta  <b>1:15 – PAINT PARTY w/ Alicia</b>            1:15 – Line Dancing            2:30 – Tai Chi w/ Spencer</p>