




**February 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
9:00 – Crocheting w/ Friends <b>3</b> 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club <b>10:45 – F.A. PIANO CLUB PERFORMANCE</b> <b>12:00 – BLACK HISTORY MONTH LUNCHEON</b> <b>1:00 – BLACK HISTORY SPECIAL EVENT</b> 1:00 – ZUMBA w/ Nilo 1:00 – Canasta, Mahjong, & Bridge 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	9:00 – Brain Booster Club <b>4</b> 10:00 – Painting & Drawing w/ Chuck <b>10:00-11:00 – AGE FRIENDLY FOCUS GROUP</b> <b>11:00 – Bereavement with COMHPS</b> 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 1:00 – Canasta, Mahjong, & Bridge 1:00 – Bingo 1:00 – Ping Pong	9:00 – Seniorobics w/ Fran <b>5</b> 9:00 – Crocheting with Friends <b>10:00 – 12:00 – TECH ASSISTANCE W/Smart Van</b> 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club <b>1:00 – MEMORY LOSS &amp; DEMENTIA LECTURE</b> 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Chair Yoga w/ Nilo	9:00 – Brain Booster Club <b>6</b> <b>10:00 – INTERGENERATIONAL DISCUSSIONS FA</b> 10:30 – Exercise w/ YMCA <b>10:30 – CC Board Meeting</b> <b>11:15 – KARAOKE</b> 1:00 – Canasta & Mahjong 1:15 – Food Shopping <b>1:30 – Centre Club</b> 2:00 – Billiards Club	9:00 – Seniorobics w/ Fran <b>7</b> 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 & Meditation w/ Nick <b>1:00 – AGED TO PERFECTION LECTURE</b> 1:00 – Canasta 1:15 – Line Dancing 2:00 – Bingo 2:30 – Tai Chi w/ Spencer
9:00 – Brain Booster Club <b>10</b> 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, & Bridge <b>1:00 – NUTRITION LECTURE</b> 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	<b>LONG ISLAND NETS GAME TRIP 11</b> 9:00 – Brain Booster Club 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 1:00 – Canasta 1:00 – Mahjong & Bridge 1:00 – Bingo & Ping Pong <b>2:30 – INTERACTIVE LIVE TOUR: HAWAII</b>	<b>ADDAMS FAMILY MUSICAL TRIP 12</b> 9:00 – Seniorobics w/ Fran 9:00 – Crocheting with Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Canasta, Mahjong, & Bridge <b>1:15 – MOCKTAIL &amp; MINGLE</b> <b>Sponsored By: SUNRISE OF GLEN COVE</b> 2:00 – Bingo 2:00 – Chair Yoga w/ Nilo	9:00 – Brain Booster Club <b>13</b> 10:00 – Card & Board Games 10:30 – Exercise w/ YMCA <b>11:00 – American Legion Meeting</b> <b>11:30 – DRUM CIRCLE</b> 1:00 – Canasta & Mahjong 1:15 – Food Shopping <b>1:00 – ELDER FINANCIAL ABUSE LECTURE</b> 2:00 – Billiards Club	9:00 – Seniorobics w/ Fran <b>14</b> 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 & Meditation w/ Nick <b>12:00 – VALENTINE'S DAY LUNCHEON</b> 1:00 – Canasta 1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
<b>THE CENTER IS CLOSED 17</b> 	<b>ALL DAY: AARP TAX PREP BY APPOINTMENT 18</b> 9:00 – Brain Booster Club 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin <b>12:00 – PRESIDENTS DAY CELEBRATION</b> 1:00 – Canasta, Mahjong & Bridge 1:00 – Bingo 1:00 – Ping Pong	9:00 – Seniorobics w/ Fran <b>19</b> 9:00 – Crocheting with Friends <b>10:00 – 12:00 – TECH ASSISTANCE W/Smart Van</b> 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club <b>11:00 – INTERACTIVE LIVE TOUR: FRANCE</b> 1:00 – Bingo, Canasta, Mahjong & Bridge <b>1:00 – LILA</b> 2:00 – Chair Yoga w/ Nilo	<b>9:30 – 12:00 – SNAP By Appointment 20</b> <b>10:00 – INTERACTIVE LIVE TOUR: ENGLAND</b> <b>10:30 – CC Board Meeting</b> 10:30 – Exercise w/ YMCA <b>11:00-12:00 – RECYCLED ART AGE FRIENDLY</b> 1:00 – Canasta & Mahjong 1:15 – Food Shopping <b>1:30 – Centre Club</b> 2:00 – Billiards Club	<b>9:00 – 12:00 HEALTH ASSESSMENTS 21</b> 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick <b>12:45 – FEBRUARY BIRTHDAY'S CELEBRATION</b> 1:15 – Bingo & Canasta 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:00 – Brain Booster Club <b>24</b> 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>11:15 – VIDEO MEDITATION</b> <b>1:00 – MUSIC JAM w/ Jeff</b> 1:00 – ZUMBA w/ Nilo 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer	9:00 – Brain Booster Club <b>25</b> 10:00 – Painting & Drawing w/ Chuck <b>11:00 – Bereavement with COMHPS</b> 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin <b>10:45 – MINISERIES</b> 1:00 – Canasta, Bridge, & Mahjong <b>1:00 – RECOGNIZE &amp; AVOID SCAMS LECTURE</b> 2:00 – Bingo & Ping Pong	9:00 – Seniorobics w/ Fran <b>26</b> 9:00 – Crocheting with Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club <b>11:15 – KARAOKE</b> <b>1:00 – LOCK UP YOUR MEDICATIONS LECTURE</b> 1:00 – Canasta 1:00 – Mahjong & Bridge 2:00 – Bingo 2:00 – Chair Yoga w/ Nilo	<b>9:00 – WALK WITH A DOC – Boys/Girls Club 27</b> 9:00 – Brain Booster Club 10:00 – Card & Board Games 10:30 – Exercise w/ YMCA <b>10:30 – ARTS &amp; CRAFTS CLUB w/ Marjorie</b> 1:00 – Canasta & Mahjong <b>1:00 – MOVIE</b> 1:15 – Food Shopping 2:00 – Billiards Club	9:00 – Seniorobics w/ Fran <b>28</b> 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 & Meditation w/ Nick 1:00 – Bingo & Canasta <b>1:15 – PAINT PARTY w/ Alicia</b> 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
<b>MARK YOUR CALENDARS:</b> <b>2/3 – BLACK HISTORY LUNCHEON</b> <b>2/6 – INTERGENERATIONAL DISCUSSIONS</b> <b>2/12 – MOCKTAIL &amp; MINGLE</b> <b>2/13 – DRUM CIRCLE</b> <b>2/14 – VALENTINE'S DAY LUNCHEON</b> <b>2/18 – PRESIDENTS DAY CELEBRATION</b> <b>2/21 – FEBRUARY BIRTHDAY'S</b> <b>2/28 – PAINT PARTY</b>	<b>NEW INTERACTIVE LIVE TOURS</b> <b>from the comfort of our Center!</b> <b>2/11 at 2:30pm – Oahu, Hawaii</b> <b>2/19 at 11:00am – Paris, France</b> <b>2/20 at 10:00am – Norwich, England</b> <i>Dive into the sights, sounds, flavors, and spirit of these beautiful places. Ditch the airport hassle and let us bring the world you!</i>	<b>AARP TAX ASSISTANCE</b> <b>FEBRUARY 18<sup>TH</sup></b> <b>MARCH 18<sup>TH</sup></b> <b>APPOINTMENT REQUIRED</b> Call (516) 759-9610 for more information	<b>TRIPS ON SALE NOW:</b> <b>2/11 – Long Island Nets Game</b> <b>2/12 – Addams Family Musical</b> <b>4/9 – Macbeth</b> <b>4/9 – Shen Yun Lincoln Center</b> <b>4/23 – Botanical Gardens w/ Lunch</b> <b>5/6 – Greenwood Cemetery w/ Lunch</b> <b>5/8 – Windows on the Lake Jake's 58</b> <b>5/14 – Fiddler on the Roof Musical</b>	<b>TRIPS ON SALE NOW:</b> <b>6/4 – Half Time Musical</b> <b>6/12 – NY Mets Game</b> <b>6/25 – Fishing</b> <b>7/16 – Spirit of NY Cruise</b> <b>7/30 – Music Man Musical</b> <b>8/20 – Holiday Hill Senior Day</b> <b>10/9 – The Great Gatsby Broadway</b> <b>10/15 – Resorts World Show &amp; Buffet</b>