



March 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 3 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 1:30 – FRIENDS ACADEMY PERFORMANCE 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 4 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 12:00 – MARDI GRAS CELEBRATION 1:00 – Canasta, Mahjong, & Bridge 1:15 – MOCKTAIL & MINGLE Sponsored By: SUNRISE OF GLEN COVE 2:00 – Bingo & Ping Pong	9:00 – Seniorobics w/ Fran 5 9:00 – Crocheting with Friends 10:00 – 12:00 – TECH ASSISTANCE W/Smart Van 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – NUTURING HEARTS & MINDS LECTURE Sponsored By: PSYCHIATREAT 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Chair Yoga w/ Nilo	9:00 – Brain Booster Club 6 10:00 – INTERGENERATIONAL DISCUSSIONS FA 10:30 – Exercise w/ YMCA 10:30 – CC Board Meeting 1:00-2:00 – GOLDEN GALLERY RECEPTION 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club 4:30-7:00 – FRIENDS ACADEMY SENIOR PROM	9:00 – Seniorobics w/ Fran 7 9:00 – Crocheting w/ Friends 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Canasta 1:00 – Bingo 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:00 – Brain Booster Club 10 9:00 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:15 – VIDEO MEDITATION 1:00 – ZUMBA w/ Nilo 1:00 – Canasta, Mahjong, & Bridge 1:00 – NUTRITION LECTURE 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	9:00 – Brain Booster Club 11 10:00 – Painting & Drawing w/ Chuck 10:45 – MINISERIES 11:00 – Trivia 11:00 – Bereavement with COMHPS 11:00 – Total Body Fitness w/ Marvin 1:00 – BANJO RASCALS MUSIC PERFORMANCE 1:00 – Canasta, Mahjong & Bridge 1:00 – Ping Pong 2:00 – Bingo 2:30 – INTERACTIVE LIVE TOUR: PERU	9:00 – Seniorobics w/ Fran 12 9:00 – Crocheting with Friends 10:00-2:00 – PORTLEDGE STUDENTS VISIT 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 1:00 – Canasta 1:00 – Mahjong, & Bridge 1:00 – FREE BINGO W/ PORTLEDGE STUDENTS 2:00 – Chair Yoga w/ Nilo	9:00 – Brain Booster Club 13 10:00 – Card & Board Games 10:30 – Exercise w/ YMCA 11:00 – American Legion Meeting 11:30 – DRUM CIRCLE 12:15 – OPEN SITE COUNCIL MEETING 1:15 – Canasta & Mahjong 1:15 – Food Shopping 2:30 – Billiards Club	9:00 – 12:00 HEALTH ASSESSMENTS 14 9:00 – Seniorobics w/ Fran 9:00 – Crocheting w/ Friends 10:15 – FUNday 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo & Canasta 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:00 – Brain Booster Club 17 9:00 – Crocheting w/ Friends 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 12:00 – ST. PATRICK/S DAY LUNCHEON 1:00 – ZUMBA w/ Nilo 1:00 – Canasta, Mahjong, & Bridge 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	ALL DAY: AARP TAX PREP BY APPOINTMENT 18 9:00 – Brain Booster Club 10:00 – Painting & Drawing w/ Chuck 11:00 – Trivia 11:00 – Total Body Fitness w/ Marvin 1:00 – HOMECARE WORKSHOP W/ Q&A 1:00 – Canasta, Mahjong & Bridge 1:00 – Ping Pong 2:00 – Bingo	9:00 – Seniorobics w/ Fran 19 9:00 – Crocheting with Friends 10:15 – Stretching & Strength Training w/ Nick 11:00 – Rummikub Club 11:00 – INTERACTIVE LIVE TOUR: AFRICA 1:00 – Bingo 1:00 – Canasta, Mahjong & Bridge 1:00 – LILA 2:00 – Chair Yoga w/ Nilo	9:00 – WALK WITH A DOC – Boys/Girls Club 20 9:30 – 12:00 – SNAP By Appointment 10:00 – INTERACTIVE LIVE TOUR: SCOTLAND 10:30 – CC Board Meeting 10:30 – Exercise w/ YMCA 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club 2:00 – Billiards Club	9:00 – Seniorobics w/ Fran 21 10:00 – 12:00 – TECH ASSISTANCE W/Smart Van 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:45 – MARCH BIRTHDAY'S CELEBRATION 1:15 – TALKING WITH YOUR DOCTOR LECTURE 1:15 – Canasta 1:15 – Line Dancing 2:00 – Bingo 2:30 – Tai Chi w/ Spencer
9:00 – Crocheting w/ Friends 24 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:15 – VIDEO MEDITATION 1:00 – ZUMBA w/ Nilo 1:00 – Canasta, Mahjong, & Bridge 1:00 – AGE FRIENDLY ENERGY HUB WORKSHOP 1 1:15 – Food Shopping 2:00 – Bingo 2:30 – Tai Chi w/ Spencer	9:00 – Brain Booster Club 25 10:00 – Painting & Drawing w/ Chuck 10:45 – MINISERIES 11:00 – Trivia 11:00 – Bereavement with COMHPS 11:00 – Total Body Fitness w/ Marvin 1:00 – Canasta, Bridge, & Mahjong 1:00 – AGE FRIENDLY ENERGY HUB WORKSHOP 2 2:00 – Bingo & Ping Pong	9:00 – Seniorobics w/ Fran 26 9:00 – Crocheting with Friends 10:15 – Stretching & Strength Training w/ Nick 10:00 – RUMMIKUB TOURNAMENT 1:00 – PROBLEM GAMBLING LECTURE 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:00 – Chair Yoga w/ Nilo	9:00 – Brain Booster Club 27 10:00 – Card & Board Games 10:30 – Exercise w/ YMCA 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 1:00 – Canasta & Mahjong 1:00 – MOVIE 1:15 – Food Shopping 2:00 – Billiards Club	9:00 – Seniorobics w/ Fran 28 11:00 – WOMEN PIONEERS LECTURE Women's History Month 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo & Canasta 1:15 – PAINT PARTY w/ Alicia 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
9:00 – Brain Booster Club 31 9:00 – Crocheting w/ Friends 10:00 – 12:00 – HAIRCUTS w/ Rose (Appt. Only) 10:30 – Exercise w/ YMCA 11:00 – Rummikub Club 11:15 – VIDEO MEDITATION 1:00 – HEARING CLINIC & TESTS 1:00 – ZUMBA w/ Nilo 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer	MARK YOUR CALENDARS: 3/4 – MARDI GRAS CELEBRATION 3/6 – GOLDEN GALLERY RECEPTION 3/6 – FRIENDS ACADEMY SENIOR PROM 3/11 – BANJO RASCALS PERFORMANCE 3/12 – PORTLEDGE STUDENTS VISIT 3/17 – ST. PATRICK'S DAY LUNCHEON 3/26 – RUMMIKUB TOURNAMENT 3/28 – WOMEN PIONEERS LECTURE	AARP TAX ASSISTANCE MARCH 18TH APPOINTMENT REQUIRED Call (516) 759-9610 for more information	TRIPS ON SALE NOW: 4/9 – Macbeth 4/9 – Shen Yun Lincoln Center 4/23 – Botanical Gardens w/ Lunch 5/6 – Greenwood Cemetery w/ Lunch 5/8 – Windows on the Lake Jake's 58 5/14 – Fiddler on the Roof Musical 6/4 – Half Time Musical 6/12 – NY Mets Game	TRIPS ON SALE NOW: 6/25 – Fishing 7/16 – Spirit of NY Cruise 7/30 – Music Man Musical 8/20 – Holiday Hill Senior Day 9/16 – Riverhead Aquarium 9/24 – Italian American Museum 10/9 – The Great Gatsby Broadway 10/15 – Resorts World Show & Buffet