

June Activities

Nassau County Office for the Aging

Location: The Life Enrichment Center at Oyster Bay
45 E. Main Street, Oyster Bay, NY 11771

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 and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:30 Activity Hour with Jennifer 11:00 Friendly Visit Meeting 1:00 Friendly Visit to Oyster Bay Manor 5:00 Caregiver’s Discussion Group w/Ruth	4 10:00 Water Colour Studio in conference room 11:15 Don’t Fall For It - Fall Prevention with Danny Daniels 1:00 Super Bingo	5 10:00 Tap Class with Terri 11:15 Terri’s Terrific Tappers perform 12:45 Bus takes members to Stop & Shop	6 11:30 Social Service Update with Beth 1:00 Baking Demo with Mary - Learn how to make Strawberry Shortcake	7 10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Table Bingo
10 10:30 Activity Hour with Jennifer 11:00 Silver Threads Meeting	11 10:00 Water Colour Studio in conference room 11:15 Musart - Musical Performance by Syosset School of Music 1:00 Tuesday Bingo	12 10:30 Women of the Ages 12:45 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group 5:30 Sips, Supper & Sparkle - Jewelry Making with Lee Ann w/ casual dinner (Sign up with Nancy in Program Office)	13 10:00 S.A.C. Meeting 11:30 Chair Yoga with Mary Lou 1:00 Meditation with Brad 1:00 Help set up main hall for Father's Day Celebration 1:30 Activities Meeting	14 <u>National Wear Blue Day with Contest</u> 10:30 Brain Games 10:30 Senior Chat with Judy 11:00 Father’s Day Celebration with Coffee & donuts, Piano music by Joan and Picnic Style Lunch (ticket reservations required—donations requested)
17 10:30 Activity Hour with Jennifer 1:00 Friendly Visit to Harbor House 1:00 Rheumatoid Arthritis Support Group 5:00 Caregiver’s Discussion Group w/Ruth	18 10:00 St. Francis Van until 2:00pm 10:00 Water Colour Studio in conference room 11:15 A Natural Way to Calm Your Allergies w/Dr. Elisa de Junco & Francine Cosenza with Natural Beauty Tips 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken until 9pm	19 11:45 Virtual Trip to Arizona with Fun Facts followed by Southwestern Style Lunch 12:15 Bus takes members to Stop & Shop	20 10:00 New Time for Chair Yoga w/Mary Lou 11:15 Make Better Beverage Choices w/Robyn from *Cornell Cooperative (*Funded by NCOFA) 1:00 Meditation with Brad 1:00 Craft Group with Sue	21 10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan w/sing along 1:00 Table Bingo
24 10:00 Hospitality Meeting 10:30 Activity Hour with Jennifer	25 10:00 Water Colour Studio in conference room 11:00 Oyster Bay Music Festival 1:00 Tuesday Bingo	26 10:30 Women of the Ages 11:00 Brunch Day - No Lunch Today 11:45 Bus takes members to Stop & Shop 5:30 Chinese Auction - Preview and Ticket Sales - Auction starts at 6:30pm	27 10:00 Grumpy Old Men 10:00 New Time for Chair Yoga w/Mary Lou 1:00 Meditation with Brad	28 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Table Bingo
<u>Every Monday</u> 9:00 Aerobics with Terri 10:00 Let’s Play Cards in the main hall 10:05 Yoga with Michelle 11:00 American Sign Language 11:05 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	<u>Every Tuesday</u> 9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey 1:30 Line Dancing with Kathy	<u>Every Wednesday</u> 9:00 Aerobics with Terri 10:00 Yoga Class w/ Mary Lou starting 6-12-19 10:00 Let’s Play Cards in the main hall 10:00 Mah Jongg 12:45 Tai Chi Work Out w/Spencer G.	<u>Every Thursday</u> 9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi 6-6-19 & 6-13-19 only 10:00 *Dance-A-Chair with Carol (*Funded by NCOFA) 10:15 Strength Training with Judi 6-6-19 & 6-13-19 only 1:00 Crochet & Knit w/The Happy Hookers	<u>Every Friday</u> 9:00 Aerobics with Terri 10:00 Mah Jongg 1:00 Ballroom Dancing with Vladimir on 6-14-19 & 6-21-19