

November Activities

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

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 and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 1:00 Mah Jongg	<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 Tap with Terri 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga with Mary Lou 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 10:00 *Dance-A-Chair with Carol (*Funded by NCOFA) 10:15 Strength Training with Judi 11:15 Chair Yoga with Mary Lou 1:00 Crochet & Knit w/The Happy Hookers	1 9:00 Aerobics with Terri (Every Fri.) 10:00 Ballet with Terri (Every Fri.) 10:30 Brain Games 10:30 Senior Chat with Judy 11:00 Speaker Donna About The People's Pantry 11:15 Piano music by Joan w/sing along 1:00 Table Bingo 1:00 Mah Jongg (Every Fri.)
4 10:30 Activity Hour with Olivia 11:00 Friendly Visit Meeting 12:45 Creative Writing with Katherine 1:00 Friendly Visit to Excel 5:00 Caregiver's Discussion Group w/Ruth	5 10:00 Water Colour Studio in conference room 11:15 Benefits of Meditation with Patricia Orshan 1:00 Super Bingo 1:00 Self Reflection Meditation with Andrew	6 11:00 Bus departs for Broadway Show "Toostie" 11:00 Veteran's Day USO Party (Mr. & Mrs. USO, Lunch, Entertainment by The Jewel Notes and raffles) 1:00 Go Ask Alice-Computer Help until 2:30pm	7 11:15 The Fab "4" Summit Advisors with Donna Stephans, Esq. 12:45 Hand Reflexology w/Kathrine Prinz 1:00 Meditation with Andrew 2:00 Activities Meeting	8 10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano music by Joan w/sing along 1:00 Table Bingo 1:00 Ballroom Dancing with Vladimir
11 10:30 Activity Hour with Olivia 11:00 Silver Threads Meeting 11:30 Piano Music w/Birthday Girl Shirley 12:45 Creative Writing with Katherine	12 10:00 Water Colour Studio in conference room 11:15 Joint Pain & Rheumatoid Arthritis CBD Oils & More w/Allison of Curaleaf 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	13 10:30 Women of the Ages 11:15 Social Service Update with Beth 12:45 Bus takes members to Stop & Shop 12:45 Book Club with Adel to discuss "This Is How It Always Is" by Laurie Frankel 1:00 Daytime Caregivers Support Group 1:00 Go Ask Alice-Computer Help until 2:30pm	14 10:00 S.A.C. Meeting 11:00 Grumpy Old Men 11:15 Physical Therapy Part 2 with Ken from Excel at Woodbury 12:45 Craft Group with Sue & Margie 1:00 Meditation with Andrew	15 10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano Music by Joan w/sing along 1:00 Table Bingo 1:00 Ballroom Dancing with Vladimir
18 10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 1:00 Rheumatoid Arthritis Support Group Giving support & sharing information 1:00 Friendly Visit to Oyster Bay Manor 5:00 Caregiver's Discussion Group w/Ruth	19 10:00 Water Colour Studio in conference room 11:15 Family Childrens Association 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew 6:30 Open Mic Night with Barbara & Ken until 9pm	20 10:30 Women of the Ages 11:15 MusArt - Musical Performance by young talented musicians 12:45 Bus takes members to Stop & Shop	21 10:00 Holiday Gift Shoppe until 4pm 11:15 *Fruits & Veggies Bingo with Robin from Cornell Cooperative (*Funded by NCOFA) 1:00 Meditation with Andrew	22 10:00 Holiday Gift Shoppe until 4pm 10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Table Bingo
25 10:00 Hospitality Meeting 10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine	26 10:00 Water Colour Studio in conference room 10:15 Early Tuesday Bingo 11:30 Brunch is served—No Lunch today 12:30 Help set up for the Thanksgiving Celebration 1:00 Self Reflection Meditation with Andrew	27 Thanksgiving Celebration starts at 11:30am Traditional Thanksgiving Feast (Please make your Lunch reservations by 11-20-19)	28 Center Closed Holiday	29 Center Closed Holiday