

January 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
<u>Committee Meeting Schedule</u> 01-02 Activities Meeting at 2:00pm 01-06 Friendly Visiting Meeting at 11:00am 01-09 SAC Meeting at 10am 01-27 Hospitality Meeting at 10:00am	<u>Caregiver's Support Group</u> with Ruth from 5:00pm-6:30pm on Monday 01-06-20 & 01-27-20 <u>Daytime Caregivers Support Group</u> with Dawn from 1:00pm-2:00pm on Wednesday 01-08-20	1 Center Closed Holiday	2 9:00 Advanced Strength Training w/Judi (Every Thursday) 10:15 Strength Training with Judi (Every Thurs) 1:00 Crochet & Knit w/The Happy Hookers 1:00 Meditation with Andrew 2:00 Activities Meeting	3 10:30 Brain Games (Every Fri) 10:30 Senior Chat with Judy (Every Fri) 11:15 Piano music (by Joan w/sing along 1:00 Table Bingo Every Fri) 1:00 Mah Jongg
6 9:00 Aerobics with Terri starts on 1-6-20 (Every Mon) 10:00 Let's Play Cards in the main hall 10:05 Yoga with Michelle starts on 1-6-20 (Every Mon) 11:00 American Sign Language 11:05 Stretch & Balance with Judi starts on 1-6-20 (Every Mon) 1:00 Mah Jongg (Every Mon)	7 9:00 Advanced Strength Training w/ Judi (Every Tues) 10:00 Water Colour Studio in conference room 10:15 Strength Training w/ Judi (Every Tues) 11:00 Journaling Your Journey (Every Tues) 1:00 Super Bingo 1:00 Self Reflection Meditation with Andrew 1:30 Line Dancing with Kathy (Every Tues)	8 9:00 Aerobics with Terri (Every Wed) 10:00 Tap with Terri starts on 1-8-20 (Every Wed) 10:00 Let's Play Cards in the main hall (Every Wed) 10:00 Mah Jongg (Every Wed) 11:00 Yoga with Mary Lou starts on 1-8-20 (Every Wed) 12:45 Tai Chi Work Out w/Spencer G. (Every Wed) 10:30 Women of the Ages 12:45 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group	9 9:00 Tai Chi with Spencer G starts on 1-9-20 10:00 *Dance-A-Chair w/Carol starts on 1-9-20 (*Funded by NCOFA) 10:00 S.A.C. Meeting 11:00 Grumpy Old Men's Group 11:15 Chair Yoga w/Mary Lou starts on 1-9-20 1:00 Meditation with Andrew	10 9:00 Aerobics with Terri (Every Fri) 10:00 Ballet with Terri starts on 1-10-20 (Every Fri) 11:00 New Yoga with Michelle starts on 1-10-20 (Every Fri) 11:15 Piano music by Joan w/sing along 1:00 Mah Jongg 1:15 Ballroom Dancing with Vladimir
13 10:00 Let's Play Cards in the main hall 10:30 Activity Hour with Olivia starts on 1-13-20 11:00 American Sign Language 12:45 Creative Writing with Katherine	14 10:00 Water Colour Studio in conference room 11:15 "The Story of Cove Neck" with Speaker Elizabeth Roosevelt 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	15 10:00 Mah Jongg 10:30 Women of the Ages 11:45 Virtual Trip to Russia with Fun Facts followed by Traditional Russian Style Lunch 12:30 Bus takes members to Stop & Shop	16 11:15 Central Island Nursing & Health Care with Stephanie 1:00 Meditation with Andrew 1:30 Bus departs for Syosset Library for Lecture on "Historic Cemeteries of Oyster Bay at 2pm	17 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 1:00 Mah Jongg
20 Center Closed Holiday	21 10:00 Water Colour Studio in conference room 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew 6:30 Open Mic Night with Barbara & Ken until 9pm	22 10:00 Mah Jongg 10:30 Women of the Ages 11:30 Martin Luther King Celebration followed by Southern Style Lunch 12:30 Bus takes members to Stop & Shop	23 11:00 Grumpy Old Men's Group 11:15 Healthy Eating for the New Year (*Funded by NCOFA) 1:00 Meditation with Andrew	24 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
27 10:00 Hospitality Meeting 10:30 Activity Hour with Olivia 12:45 Creative Writing with Katherine 5:00 Caregiver's Discussion Group w/Ruth	28 10:00 Water Colour Studio in conference room 1:00 Tuesday Bingo 1:00 Self Reflection Meditation with Andrew	29 10:00 Mah Jongg 10:30 Women of the Ages 12:45 Bus takes members to Stop & Shop	30 11:15 One on One Mobility with Kim Expert in Mobility & Accessibility Solutions 1:00 Meditation with Andrew	31 10:30 Brain Games 10:30 Senior Chat with Judy 11:15 Piano Music by Joan w/sing along 1:00 Table Bingo