

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
1 9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine 12:45 Music by Oyster Bay High School Chamber Players	2 9:00 Advanced Strength Training & Strength Training w/John 10:00 Continuing Water Colour - Autumn Flowers & Sights 10:30 Grumpy Old Men's Group 10:45 Exercise To Music w/Jill 1:00 Super Bingo	3 9:00 Low Impact Cardio w/ Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 11:00 Getting Creative with Tai Chi Spencer Gee & Friends plus Figurines and Poems by Joan Digby 1:00 A Place To Call Home series	4 9:00 Advanced Strength Training & Strength Training w/John 12:45 Creative Crafts w/ Sue & Margie - Please preregister 1:00 Crochet & Knit /The Happy Hookers 2:00 Caregiver's Group with Ruth	5 9:00 Low Impact Cardio w/ Terri 10:30 Senior Chat w/Betty Jo & Carmela 10:30 Tai Chi with Spencer Gee 11:30 J. P. Murphy—Why Poetry Matters 1:00 Bingo 1:00 Bridge Game
8 9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine	9 10:00 Continuing Water Colour 10:30 Grumpy Old Men's Group 10:45 Exercise To Music w/Jill 12:45 Meditation w/Patricia 1:00 Creative Movement w/Kathy 1:00 Bingo	10 11:30 Veterans Day Celebration with Presentation of Color guard by Local Veteran Groups followed by Lunch 1:00 A Place To Call Home series	11 10:30 S.A.C. Meeting 11:00 Dr. Recher from Mid Island Audiology on Hearing Technology 12:45 Creative Crafts w/ Sue & Margie 1:00 Crochet & Knit /The Happy Hookers	12 10:30 Senior Chat w/Betty Jo & Carmela 10:30 Tai Chi with Spencer Gee 11:30 Brain Games w/Beth 1:00 Bingo with Jennette & Linda 1:00 Bridge Game
15 9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine 1:15 Pie Baking Demo w/ Mary Coconut Custard & Pecan	16 10:00 Continuing Water Colour 11:15 Alzheimer's & Dementia w/ Speaker Melissa Katz sponsored by O.B. Manor 1:00 Bingo 6:30 Open Mic Night LIVE	17 10:30 Holiday Gift Shoppe until 2:30 12:45 Birthday Day 1:00 A Place To Call Home series	18 10:30 Holiday Gift Shoppe until 2:30 11:15 Portion Size Bingo w/Khy Ee from Cornell Cooperative 12:45 Water Colour Painting—Pumpkins 2:00 Caregiver's Group with Ruth	19 10:30 Holiday Gift Shoppe until 2:30 11:30 Brain Games w/Beth 1:00 Bingo
22 9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga (Integrated) w/Patricia 11:15 Social Work Chat with Beth 12:45 Creative Writing w/ Katherine 1:15 National Gingerbread Day	23 11:15 Brunch Day—No lunch today 1:30 Help set up the main hall for Thanksgiving Celebration (Sorry No Bingo Today)	24 11:30 Thanksgiving Celebration - "How Thankful Are We" - Followed by Traditional Thanksgiving Lunch (Please register for luncheon no later than 11/15/21)	25 Center Closed Holiday	26 Center Closed Holiday
29 9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga (Integrated) w/Patricia 11:30 National Mason Jar Day 12:45 Creative Writing w/ Katherine	30 11:00 Estate Planning & Asset Protection w/ Stefans & Associates 1:00 Tuesday Bingo 1:00 Bridge Game	If you are a homebound senior and need a Thanksgiving meal delivered, please call the Program Office and make a reservation on or before 11-15-21.	Shop at The LECOB Creative Fall Festival Market Sat. November 6th from 10:30am - 3:30pm At the Center Featuring local crafters and vendors	Calling All Cookie Bakers "Break out the flour and a rolling pin!" for the Holiday Cookie Sale on 12-15, 12-16 and 12-17 from 10am-3pm Please sign up to bake in the Program Office with Mary or Nancy