

May 2022

The Life Enrichment Center at Oyster Bay
45 E Main St, Oyster Bay, NY 11771
(516) 922-1770



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
<p>2</p> <p>9:00 Low Impact Cardio w/ Terri (Every Mon, Wed, & Fri)</p> <p>11:00 Hatha Yoga w/Patricia</p> <p>12:45 Creative Writing w/Katherine</p> <p>1:00 Stepping On Session 4 w/Sloan</p>	<p>3</p> <p>10:00 Continuing Water Colours w/Alice</p> <p>10:30 Exercise To Music w/Jill</p> <p>12:45 Bingo</p> <p>1:00 Meditation w/Patricia (Every Tue)</p> <p>7:00 ZOOM Open Mic with Barbara & Ken</p>	<p>4</p> <p>10:30 Mother's Day Picnic at Theodore Roosevelt Park (Ticket reservations required) (Sorry, No Grab & Go Today)</p>	<p>5</p> <p>11:30 Cinco de Mayo Celebration with Authentic Mexican style lunch</p> <p>1:00 Water Colours—Butterfly</p> <p>2:00 Caregiver's Group with Ruth</p>	<p>6</p> <p>10:30 Senior Chat w/BettyJo & Carmela (Every Fri)</p> <p>11:30 Brain Games w/Beth</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo with Jennette & Linda</p>
<p>9</p> <p>9:00 Low Impact Cardio w/ Terri</p> <p>11:00 Hatha Yoga w/Patricia</p> <p>12:45 Creative Writing w/Katherine</p> <p>1:00 Stepping On Session 5 w/Sloan</p>	<p>10</p> <p>10:00 Blood Pressure Screening w/Barbara (Every Tues)</p> <p>10:00 Continuing Water Colours w/Alice</p> <p>10:30 Exercise To Music w/Jill</p> <p>11:15 Music & Song w/Portledge Sch.</p> <p>12:45 Super Bingo</p>	<p>11</p> <p>10:00 Women of the Ages w/Beth</p> <p>10:00 Mah Jongg (Every Wed)</p> <p>10:15 Stretch & Balance w/Gina</p> <p>11:00 Carolyn Is Back w/MedMinder</p> <p>12:45 Bus to Stop & Shop</p> <p>1:00 A Place To Call Home - Series</p>	<p>12</p> <p>10:30 S.A.C. Meeting</p> <p>11:15 Important Information Every Senior Should Know w/Beth</p> <p>1:00 Crochet & Knit Happy Hookers</p> <p>2:00 LECOB Foodie Group with Chef Anthony & Crew</p>	<p>13</p> <p>10:30 Tai Chi with Spencer Gee (Every Fri)</p> <p>11:30 Brain Games w/Beth</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo with Jennette & Linda</p>
<p>16</p> <p>9:00 Low Impact Cardio w/ Terri</p> <p>11:00 Hatha Yoga w/Patricia</p> <p>12:45 Creative Writing w/Katherine</p> <p>1:00 Stepping On Session 6 w/Sloan</p>	<p>17</p> <p>10:00 Continuing Water Colours</p> <p>10:30 Grumpy Old Men's Group</p> <p>10:30 Exercise To Music w/Jill</p> <p>11:30 Clear Caption Phones w/Patricia</p> <p>12:45 Bingo</p> <p>7:00 LIVE Open Mic Night</p>	<p>18</p> <p>10:00 Women of the Ages w/Beth</p> <p>10:15 Stretch & Balance w/Gina</p> <p>12:45 Birthday Day</p> <p>1:00 A Place To Call Home - Series</p> <p>1:15 Bus to Stop & Shop</p>	<p>19</p> <p>11:15 Food Storage Safety w/ Khy Ee from Cornell Cooperative</p> <p>12:45 Craft Group with Sue & Margie</p> <p>2:00 Caregiver's Group with Ruth</p>	<p>20</p> <p>10:45 Trip to Roosevelt School for Intergenerational Program</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo with Jennette & Linda</p> <p>1:15 Hike w/John at the Trails as Saquamore Hill</p>
<p>23</p> <p>9:00 Low Impact Cardio w/ Terri</p> <p>11:00 Hatha Yoga w/Patricia</p> <p>12:45 Creative Writing w/Katherine</p> <p>1:00 Stepping On Session 7 w/Sloan</p>	<p>24</p> <p>10:00 Water Colour Studio</p> <p>10:30 Exercise To Music w/Jill</p> <p>11:15 Fighting Climate Change</p> <p>12:45 Bingo</p> <p>1:00 Meditation w/Patricia</p>	<p>25</p> <p>10:00 Women of the Ages w/Beth</p> <p>10:15 Stretch & Balance w/Gina</p> <p>12:45 Bus to Stop & Shop</p> <p>1:00 A Place To Call Home - Series</p>	<p>26</p> <p>Memorial Day Bake Sale From 10:30am until 3:30pm</p> <p>12:45 Craft Group with Sue & Margie</p>	<p>27</p> <p>Memorial Day Bake Sale From 10:30am until 3:30pm</p> <p>11:30 Memorial Day Remembrance with Local Veterans & Lunch</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo with Jennette & Linda</p>
<p>30</p> <p>Center Closed Holiday</p>	<p>31</p> <p>9:00 Advanced Strength Training w/John (Every Tues)</p> <p>10:15 Strength Training w/John</p> <p>10:30 Exercise To Music w/Jill</p> <p>12:45 Bingo</p>	<p>Join Anthony on Saturday 5-14-22 at 1pm for Homemade Mozzarella Class (Price per person \$45 - includes samples and mozzarella to take home too) Please pre-register for class with Beth</p>	<p>F.Y.I. - The LECOB 45th Anniversary Dinner Dance was changed to Wednesday evening 8-24-22. Please save the date.</p>	<p>The Life Enrichment Center is opened Monday thru Friday from 8:30am – 4:30pm</p>