

# March 2023

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><b>Reminder</b>  <b>Sunday 3-12-23</b>                      Oyster Bay High School Play                      "Bye Bye Birdie"                      Brunch &amp; Show                      Starts at 11am                      (Register in the Program Office)</p>	<p><b><u>Celebrate Women's History Month</u></b>                      Join us on 3-22-23 at 11:15am for a Special Presentation in Honor of Women's History Month with Courtney &amp; Melanie</p>	<p>1                      10:00 Women of the Ages                      10:05 Stretch &amp; Balance                      11:00 Gentle Yoga Flow                      12:45 <b>Trip - Shopping to Lid'I in Syosset</b>                      5:00 Strength Training</p>	<p>2                      9:00 Strength Training w/John                      10:15 Strength Training                      10:30 Canasta Game                      11:00 Breakfast For Your Brain                      1:00 Safe Space Group</p>	<p>3                      10:00 Blood Pressure Screening                      10:30 Senior Chat                      10:30 Tai Chi w/Spencer                      11:30 <b>Tax Talk</b> with Jack                      12:00 Piano Music by Joan                      12:45 Bingo                      1:00 Bridge Game</p>
<p>6                      9:00 Low Impact Cardio                      10:00 <b>New Beginner Spanish</b>                      11:00 Spanish Lesson                      11:00 Yoga Class w/Patricia                      12:45 <b>New Choral Group</b>                      1:00 Stretch &amp; Balance                      6:00 Strength Training</p>	<p>7                      10:00 Blood Pressure Screening                      10:00 Water Colours Painting                      10:30 Grumpy Old Men's Group                      11:00 <b>Posture Awareness Program</b>                      1:00 Meditation w/Patricia                      12:45 Bingo                      1:00 Line Dancing w/Kathy</p>	<p>8                      9:00 <b>Trip "Frozen" Jericho HS</b>                      9:00 Low Impact Cardio                      10:00 Mah Jongg                      10:00 Women of the Ages                      10:05 Stretch &amp; Balance                      11:00 Gentle Yoga Flow                      11:30 <b>Virtual Trip to Poland</b>                      5:00 Strength Training and on 3-15-23 at 5pm</p>	<p>9                      9:00 Strength Training w/John                      10:15 Strength Training                      10:30 S.A.C. Meeting                      10:30 Canasta Game                      10:45 Breakfast For Your Brain                      11:45 <b>Celebrate Social Work Month</b>                      2:00 <b>LECOB Foodie Group</b>                      2:00 Caregiver's Group</p>	<p>10                      9:00 Low Impact Cardio                      10:00 Blood Pressure Screening                      10:00 Blood Pressure Screening                      10:30 Senior Chat                      10:30 Tai Chi w/Spencer                      11:30 Brain Games                      12:45 Bingo                      1:00 Bridge Game</p>
<p>13                      9:00 Low Impact Cardio                      10:00 <b>New Beginner Spanish</b>                      11:00 Spanish Lesson                      11:00 Yoga Class w/Patricia                      12:45 <b>New Choral Group</b>                      1:00 Stretch &amp; Balance                      6:00 Strength Training</p>	<p>14                      10:00 Blood Pressure Screening                      10:00 Water Colours Painting                      10:30 Grumpy Old Men's                      11:00 <b>Posture Awareness</b>                      1:00 Meditation w/Patricia                      12:45 Super Bingo                      1:00 Line Dancing w/Kathy                      1:00 <b>Beginner Water Colours Painting</b></p>	<p>15                      9:00 Low Impact Cardio                      10:05 Stretch &amp; Balance                      11:00 Gentle Yoga Flow  <b>St. Patrick's Day-Starts at 11:15</b>                      Who's wearing the Most Green w/Prizes, Pot O' Gold Raffle, Irish Soda Bread Contest, Traditional Lunch followed by Special Entertainment by The Chuck Evans Band sponsored by The Bristol                      (Ticket Reservations Required)</p>	<p>16                      9:00 Strength Training w/John                      10:15 Strength Training                      10:30 Canasta Game                      11:00 Breakfast For Your Brain                      4:30 <b>Social Singles - Beer Tasting at Oyster Bay Brewing Co.</b></p>	<p>17                      9:00 Low Impact Cardio                      10:00 Blood Pressure Screening                      10:30 Senior Chat                      10:30 Tai Chi w/Spencer                      11:30 Brain Games                      12:45 Bingo                      1:00 Bridge Game</p>

Monday

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Wednesday

Thursday

Friday

<p style="text-align: right;">20</p> <p>9:00 Low Impact Cardio</p> <p>10:00 <b>New Beginner Spanish</b></p> <p>11:00 Spanish Lesson</p> <p>11:00 Yoga Class w/Patricia</p> <p>12:45 <b>New Choral Group</b></p> <p>1:00 Stretch &amp; Balance</p> <p>6:00 Strength Training</p>	<p style="text-align: right;">21</p> <p>10:00 Blood Pressure Screening</p> <p>10:00 Water Colours Painting</p> <p>10:30 Grumpy Old Men's</p> <p>11:00 <b>Posture Awareness</b></p> <p>12:45 Bingo</p> <p>1:00 Meditation w/Patricia</p> <p>1:00 Line Dancing w/Kathy</p> <p>1:00 <b>Beginner Water Colours</b></p> <p>7:00 <b>Open Mic Night</b></p>	<p style="text-align: right;">22</p> <p>9:00 Low Impact Cardio</p> <p>10:00 Women of the Ages</p> <p>10:05 Stretch &amp; Balance</p> <p>11:00 Gentle Yoga Flow</p> <p>11:15 <b>Presentation on Women's History</b> w/Courtney &amp; Melanie</p> <p>11:30 <b>Birthday Day</b></p> <p>12:45 <b>Trip - Shopping to Trader Joe's</b></p> <p>5:00 Strength Training</p>	<p style="text-align: right;">23</p> <p>9:00 Strength Training w/John</p> <p>10:15 Strength Training</p> <p>10:30 Canasta Game</p> <p>11:00 Breakfast For Your Brain</p> <p>11:15 <b>Nutritionist Khy Ee from Cornell Cooperative Nutrients of Concern</b></p> <p>12:45 Craft Group</p> <p>2:00 Caregiver's Group</p>	<p style="text-align: right;">24</p> <p>9:00 Low Impact Cardio</p> <p>10:00 Blood Pressure Screening</p> <p>10:30 Senior Chat</p> <p>10:30 Tai Chi w/Spencer</p> <p>11:30 Brain Games</p> <p>12:45 Bingo</p> <p>1:00 Bridge Game</p>
<p style="text-align: right;">27</p> <p>9:00 Low Impact Cardio</p> <p>10:00 <b>New Beginner Spanish</b></p> <p>11:00 Spanish Lesson</p> <p>11:00 Yoga Class w/Patricia</p> <p>12:45 <b>New Choral Group</b></p> <p>1:00 Stretch &amp; Balance</p> <p>6:00 Strength Training</p>	<p style="text-align: right;">28</p> <p>10:00 Blood Pressure Screening</p> <p>10:00 Water Colours Studio</p> <p>10:30 Grumpy Old Men's</p> <p>11:00 <b>Family Feud</b> w/Carolyn</p> <p>12:45 Bingo</p>	<p style="text-align: right;">29</p> <p>9:00 Low Impact Cardio</p> <p>10:00 Women of the Ages</p> <p>10:05 Stretch &amp; Balance</p> <p>11:00 Gentle Yoga Flow</p> <p>5:00 Strength Training</p>	<p style="text-align: right;">30</p> <p>9:00 Strength Training w/John</p> <p>10:15 Strength Training</p> <p>10:30 Canasta Game</p> <p>10:30 <b>Help Put Together &amp; Deliver Spring Baskets for Homebound Seniors</b></p> <p>11:00 Breakfast For Your Brain</p>	<p style="text-align: right;">31</p> <p>9:00 Low Impact Cardio</p> <p>10:00 Blood Pressure Screening</p> <p>10:30 Senior Chat</p> <p>10:30 Tai Chi w/Spencer</p> <p>11:30 Brain Games</p> <p>12:45 Bingo</p> <p>1:00 Bridge Game</p>



**BRUCE A. BLAKEMAN**  
**NASSAU COUNTY EXECUTIVE**

Hours of Operation: 8:30am-4:30pm

Meals suggested contribution: \$3 - \$5

Transportation suggested contribution: \$3 each way

Exercise suggested contribution: \$5

Site Council Meeting: 3-9-23 at 10:30am

Birthdays Celebration: 3-22-23 at 11:30am

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.  
PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &  
EXERCISE CLASSES.