

# November 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>The following new groups and clubs are beginning in November!</p> <p>10:30 Mondays– Creative Writing</p> <p>1:00 Veterans Club (One Wednesday per month)</p>	<p><b>Blood Pressure Screenings every Tues. &amp; Fri. from 10am until 12pm</b></p> <hr/> <p><b>Strength Training with John every Tues. &amp; Thurs. at 9am and at 10:15am</b></p>	<p><sup>1</sup></p> <p>9:00 Low Impact Cardio 10:05 Stretch &amp; Balance 11:00 Gentle Chair Yoga <b>11:30 Seated Stretch with Theresa</b> 12:45 Crafts w/Marge &amp; Sue <b>12:45 Rottkam Farm Trip</b></p>	<p><sup>2</sup></p> <p>9:00 Strength Training 10:15 Strength Training 10:30 SAC Meeting 11:30 Autumn Trivia <b>12:45 New! Chair Dance w/Kim</b> <b>1:00 NEW! Tea Time w/Miranda</b></p>	<p><sup>3</sup></p> <p>9:00 Low Impact Cardio 10:30 Tai Chi w/Spencer 10:30 Senior Chat 11:30 Brain Games 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>
<p><sup>6</sup></p> <p>9:00 Low Impact Cardio <b>10:30 New! Creative Writing w/Kathy &amp; JoAnn</b> 11:00 Gentle Flow Yoga <b>11:30 New! Family Feud w/ Theresa</b> <b>12:45 New! Musical Bingo w/Emily</b> 1:00 Stretch &amp; Balance</p>	<p><sup>7</sup></p> <p>9:30 Adelphi Nurses 10:00 Watercolour Painting Class 10:30 Grumpy Old Men <b>11:00 Syosset Talented Young Musicians</b> 12:45 Bingo 1:00 Line Dancing</p>	<p><sup>8</sup></p> <p>9:00 Low Impact Cardio 10:05 Stretch &amp; Balance 11:00 Gentle Chair Yoga <b>11:15 New: Brain Fitness w/ Michelle</b> 2:00 Decorate for Veterans Tribute <b>12:45 Stop &amp; Shop Trip</b></p>	<p><sup>9</sup></p> <p><b><u>VETERANS TRIBUTE</u></b> 9:00 Strength Training 10:15 Strength Training <b>11:15 Veterans Day Celebration</b> 2:00 Caregiver's Group w/Ruth</p>	<p><sup>10</sup></p> <p>9:00 Low Impact Cardio 10:30 Tai Chi w/Spencer 10:30 Senior Chat <b>11:15 Diwali Dance with Students</b> 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>
<p><sup>13</sup></p> <p>9:00 Low Impact Cardio <b>10:30 New! Creative Writing w/Kathy &amp; JoAnn</b> 11:00 Gentle Flow Yoga <b>11:15 New! Jeopardy w/ Nancy</b> <b>12:45 Name that Piano Tune w/Michele</b> 1:00 Stretch &amp; Balance</p>	<p><sup>14</sup></p> <p>9:30 Adelphi Nurses 10:00 Watercolour Painting Class <b>11:15 Legal Education Session - Estate Planning Info w/Donna Stefans</b> 12:45 SUPER Bingo 1:00 Line Dancing</p>	<p><sup>15</sup></p> <p>9:00 Low Impact Cardio 10:05 Stretch &amp; Balance 11:00 Gentle Chair Yoga <b>11:30 Birthday Day</b> 12:45 Crafts w/Marge and Sue <b>1:00 NEW Veterans Club w/Michael</b> <b>12:45 Trip to Del Vino</b></p>	<p><sup>16</sup></p> <p>9:00 Strength Training 10:15 Strength Training 10:00 Holiday Sale 10:30 SAC Meeting <b>11:15 Move To Music w/Gina</b> <b>2:00 Foodie Group w/ Anthony &amp; Beth</b></p>	<p><sup>17</sup></p> <p>10:00 Holiday Sale 10:30 Tai Chi w/Spencer 11:30 Brain Games 12:00 Piano Music by Joan 12:45 Bingo 1:00 Bridge Game</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">20</p> <p>9:00 Low Impact Cardio</p> <p>10:30 <b>New! Creative Writing w/Kathy &amp; JoAnn</b></p> <p>11:00 Gentle Flow Yoga</p> <p>11:30 <b>New! Proverbs and Sayings w/Theresa</b></p> <p>12:45 <b>Chorale Group w/ Theresa</b></p> <p>1:00 Stretch &amp; Balance</p>	<p style="text-align: right;">21</p> <p>9:30 Adelphi Nurses</p> <p>10:00 Watercolour Painting Class</p> <p>11:30 <b>BRUNCH</b></p> <p>12:45 Bingo</p> <p>1:00 Line Dancing</p> <p>2:00 Decorate for Thanksgiving</p>	<p style="text-align: right;">22</p> <p>9:00 Low Impact Cardio</p> <p>10:05 Stretch &amp; Balance</p> <p>11:30 <b>Gratefulness Group Poetry Writing Session with Theresa</b></p> <p>12:00 Thanksgiving Celebration</p>	<p style="text-align: right;">23</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>	<p style="text-align: right;">24</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>
<p style="text-align: right;">27</p> <p>9:00 Low Impact Cardio</p> <p>10:30 <b>New! Creative Writing w/Kathy &amp; JoAnn</b></p> <p>11:30 <b>New! Finish the Line w/ Theresa</b></p> <p>12:45 <b>Virtual Broadway Musical Tunes Compilation</b></p> <p>1:00 Stretch &amp; Balance</p>	<p style="text-align: right;">28</p> <p>10:00 Watercolour Painting Studio</p> <p>11:15 <b>Award Presentation to Kathy By Long Island Volunteer Center</b></p> <p>12:45 Bingo</p> <p>1:00 Line Dancing</p>	<p style="text-align: right;">29</p> <p>9:00 Low Impact Cardio</p> <p>10:00 St. Francis Van (Blood Pressure, Flu Shots Cholesterol &amp; Diabetes Screening)</p> <p>10:05 Stretch &amp; Balance</p> <p>11:15 <b>Virtual Trip to Israel</b></p> <p>12:45 <b>Trip to Trader Joes</b></p>	<p style="text-align: right;">30</p> <p>9:00 Strength Training</p> <p>10:15 Strength Training</p> <p>11:15 <b>"MIND Diet" Presentation w/ Ky Ee of Cornell Cooperative</b></p> <p>2:00 Caregiver's Group w/Ruth</p>	<p style="text-align: center;"><u>Save The Dates in December</u></p> <p>12-5 Diabetes Prevention, Management and Reversal w/ Alexandria</p> <p>12-7 Hanukkah Celebration</p> <p>12/14-12/15 Cookie Sale</p> <p>12/20 Christmas Party (ticket)</p> <p>12/21 Vernon School Chorus</p>



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

Hours of Operation: 8:30am – 4:30pm

Meals suggested contribution: \$3 - \$5

Transportation suggested contribution: \$3

Exercise suggested contribution: \$5

Site Council Meeting: 11-2-23 at 10:30am

Birthdays Celebration: 11-15-23

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